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MYRA'S JOURNAL

MAY, 1909. 3D

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Vol. XXXVI. No 5.

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'CHARLES HEIDSIECK' CHAMPAGNE.

NEWS FROM FASHION CENTRES.

FROM

VIENNA, PARIS, &c.

CHARMINGLY pretty are our new striped washing and other summer fabrics. There are several fabrics —mousselines-de-laine, muslins, zephyrs, linens, &c., with small close stripes. These are trimmed with galon, with lace, with bordering (there are thousands of bordered fabrics), with bands of plain material matching the darker stripe. In zephyrs, generally, plain material to match has to be purchased, but in mousselines-de-laine the plain can often be got as a border running up one selvedge. I quote a lovely example—white, with line mauve stripes; this has a 3-inch border of plain mauve, headed by an inch key pattern in mauve. These fabrics are most artistic.

Wonderful effects are got in the striped materials. Often part of the dress is tucked or pleated, and stitched down so as to show only the narrower dark stripe, thus producing a solid wall of deep colour from which emerges bit by bit the wider light stripe. A band o the stripes—the wider pale stripe flanked right and left with the narrower dark stripe—is stripped off up one selvedge, and is used as a border to trim the gown, with excellent effect. A greater elegance is obtained by edging the "border" with narrow lace beading.

The summer coat-and-skirt costumes are charmingly pretty, simple and graceful in line, and beautifully braided. Those who do not care to endure the cost of elaborate braiding are trimming both coat and skirt with buttons and false buttonholes of narrow braid or cord.

Linen coats and skirts are being very smartly cut this year, the seams left open and edged with a wavy washing braid. Two very good examples of this more elegant type of lingerie coats will be found at Nos. 8250 and 8279. The lovely coats of broderie Anglaise, of course, come under the heading of lingerie coats, and of this type a really beautiful model will be found at No. 8272.

A great deal of attention is being paid to lingerie frocks, which are exceedingly elaborate. The princess lingerie dress has to be reckoned with, this requiring a complete under-dress of silk or some first-class mercerised cotton. Silk is used because the princess dress of elaboration is rather outside the province of those who replace silk with mercerised materials.

No. 8245.—New Coat of Ottoman Silk.
For Descriptions see Pages 33 to 36.
Price of Paper Pattern, 9½d., post free, from Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

Pastel cloth has quite gone out as a fabric to build evening wraps. Its place is taken by double-width satin. Some of the light restaurant wraps prepared for the Riviera, and for the summer in London, Paris, and Vienna, are of printed or metal-embroidered gauze or lace. Of course, these are only for show—even in warm weather—as another less decorative wrap has to be worn over it in the carriage, &c. These transparent wraps are exceedingly retty.

The lingerie over-dress is a model to be reckoned with. It is very pretty and is very useful, as it can be worn over a variety of blouses. No. 8280 is a good example, but their name is legion. None are better than those carried out in white linen, made in princess form, with a complete or half belt, either quite sleeveless or with a small kimona sleevelet cut with front and back. Over a tucked muslin or lace blouse nothing could be prettier or cooler.

A charming spring costume is of fine blue serge, the skirt made with large pleats, each with a soutache motif worked at the base. The coat, made with tuck seams back and front, fastens at the breast only, and has a Napoleon collar of black satin, and in the front a large black satin tie. The braiding on the skirt is echoed by some pretty whirligigs carried over the shoulders, and by the elaborate Brandenburgs and buttons which effect the fastening.

To be worn with this is the very neatest dark blue blouse of satin-striped silk voile, set in tucks which are caught here and there with a black satin button. The hat to go with this lovely gown is of mauve straw, wreathed with finest pale hyacinths and one little posey of close pink roses.

Contrary to expectation, our waists at the present moment should not be small, and they cannot be small until the fashion for reducing the hips gives way to a certain degree.

THE REVIVAL OF THE PETTICOAT.

By "MYRA."

For Illustrations see page 32.

THE days of the scanty skirt are passing, and we must once more think of petticoats—not the be-frilled, spreading models of the past, but slender clinging skirts to support the moderate skirts of the present.

On page 32 eight new petticoats are shown. Some are cut in narrow gores, others are a mere fitted top with accordion pleated flounce—the real skirt. Two of the accordion skirts are shown at Nos. 8296 and 8298. No. 8298 is a very good model of plain silk. The top fits neatly, made firm at the lower edge by several rows of machine stitching supported by a backing of muslin. On this is hung the accordion pleated silk. Make up the skirt in straight breaths and send it to be pleated. The lower edge is hemmed and is decorated with rows of stitching (backed by muslin) before pleating. The skirt measures about 2¾ yards round after pleating. It will take 9 yards (eight 36-inch breadths for the skirt). No. 8296 has the longer top (5 gores) in broché silk, finished by an accordion pleating of plain silk, nearly ¾ of a yard deep. Six yards of the plain silk will be required and 4 yards of the broché A drapery of velvet ribbon covers the join of top and flounce.

No. 8292, a pretty white silk petticoat, has lapped seams, trimmed with lace flounces and bows of ribbon. It is slender and graceful, and would make a capital foundation skirt. It takes 9 yards 22-inch glacé. No. 8294 is another white petticoat for silk or lawn. The top, in three gores is tucked to the flat pattern. At the edge is a gathered, straight flounce of the, material, tucked in groups, below this being a tucked cross-cut frill. 7 yards 36-inch lawn will make this skirt. The tucks are very fine and take very little material. No. 8293 is a silk or lawn petticoat, with fitted top and lower part made up of two separate flounces tucked to the flat pattern. The ribbon decoration is passed through embroidered straps.

Nos. 8291, 8295, and 8297 show arrangement of striped silk. No. 8295 has top with front on the straight and side gores on the cross. Below this is a tucked straight band of silk on the cross, finished by a straight band with stripes on the straight, and below this again a cross-cut frill. As the silk can be seamed anywhere, if stripes meet, 8 yards 22-inch silk are ample. No. 8291 takes about the same amount of silk. Here the top is in small gores on the cross, decorated with bands of plain silk decorated with French knots in the darker colour. The rest of the skirt is a straight band of silk, stripes on straight, about three yards wide. This is edged with a band of plain silk (light) decorated with ribbon matching the darker stripe. The lowest frill is of the striped material. By cutting up the skirts into bands like this much material is saved, each being eased into the one above it.

No. 8297 is another pretty striped skirt. The top has the front on the straight, the sides on the cross. Then comes a band of plain tucked silk or of the striped material with stripes horizontal. The rest of the skirt has the stripes on the straight, edged with a ruche of the plain material, lace, &c. A feature is the flounce cut in little breadths so as to form V points, gathered to the tucked band and edged with a frill of the plain material.

No. 8246.—A Cashmere or Satin Utility Frock for Indoor or Visiting, &c.

For Description see this page.

Price of Paper Patterns, Skirt, Overblouse, or Blouse, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

A SMART UTILITY FROCK.

No woman of modest pin-money should be without her utility frock, which can serve for various occasions. At No. 8246 is shown a dress which, in cashmere, can serve for outdoor or indoor afternoon wear; and, in silk or satin, it could serve also for an evening gown if worn with a low-necked under-blouse. The great advantage of the style is that it is a skirt and overblouse with which a variety of under-blouses could be worn.

As illustrated, the dress is in mauve cashmere, trimmed with silk braid or passementerie dyed to match. The fringed sash is of mauve satin. The under-blouse is of tucked white silk muslin, the material tucked before cutting by the flat paper pattern. A band of jet work crosses the blouse with excellent effect. If preferred, the sash could be of black satin, fringed with jet. The braid could be black and jetted and the buttons be of jet.

The four-gore skirt of cashmere has the fronts lapped over and closing with buttons and buttonholes. Buttons trim the lap all the way down. Hem the lower edge. Bind the top and provide it with large hooks to clasp on to the eyes sewn upon the blouse.

The elegant overblouse, in a single piece, pleated on shoulders (pleats wheelmarked on pattern), is slightly double-breasted, closing like skirt with buttons and buttonholes. Face the revers with braided satin. A band of satin, decorated with buttons edges neck and sleeve.

Of double-width cashmere, 6½ yards will be required. One of the new, fine, very glossy cashmeres should be selected.

"I like Myra's the best of all English, French or German papers."—Mme. P. T., Budapest.

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No. 8247.—Visiting Gown with the New Louis XV. Coat.
For Description see pages 33 to 36.
Price of Paper Patterns, Coat, 9½d.; Skirt, 6½., post free, from Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

Nicely Proportioned Women.

The charm of a well-poised, graceful figure is an enviable possession; while the most perfect features lose their attractiveness when obesity, beauty's ruthless destroyer, marks their possessors for his own. Obesity is the most vexatious and obstinate of diseases, bringing ugliness, humiliation, weariness, ill-health, and premature old age in its train. Fasting and exhausting gymnastics, and mineral and other drugging, only make matters worse. They will not cure the disease. Antipon alone will do that, because it has the supreme and priceless power of eradicating the obese tendency—that inexplicable, persistent formation of superfluous and unhealthy fatty matter without apparent cause. The majority of over-stout people are quite moderate eaters, but everything they touch seems to turn to fat. Well, Antipon entirely overcomes that distressing tendency, whilst it is speedily eliminating the gross, unnatural fatty deposits. The splendid, simple, harmless Antipon treatment restores normal weight and nice

Antipon
Restores Beauty of Form to the Stoutest of Figures.
The Great Permanent Cure for Obesity in all its Stages.
Cause and Effect

proportions without special dieting or any drugging or exercises. The subject may eat well of the most nutritious and enjoyable dishes, and will be all the better for it, in health and strength as well as beauty. Antipon has a marked tonic action on the whole alimentary system; it creates a keen appetite and promotes sound digestion, thus ensuring perfect nutrition. Strength, stamina, shapeliness, and suppleness—these are the results of Antipon; results as different from those of the starving and drugging treatments as chalk from cheese! The reduction within the first day and night varies between 8oz and 3lb, and the subsequent daily decrease is amazingly satisfactory. With the recovery of normal weight the doses may cease. Antipon contains no trace of any mineral or other objectionable substance. It is a refreshing liquid which may be taken at any hour without discomfort.

Antipon is sold in bottles, price 2s. 6d. and 4s. 6d., by Chemists, Stores, &c.; or, should there be any difficulty, may be had (on sending remittance), privately packed, carriage paid, from the Antipon Company, Olmar Street, London, S.E.

No. 8248.—A Summer Coat-and-Skirt.

For Description see pages 33 to 36.

Price of Paper Patterns, Coat or Skirt, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

The Cleaning of Lace.

By MRS. HOPE.

To any lover of good lace it is a trial to see the dainty fabric neglected, dirty, and generally out of condition. The cleaning processes in vogue in most laundries are no more suited to the tender, delicate threads of fine lace than are the heavy machines used for smoothing it to the thicker and heavier kinds. The care of lace is essentially a hand process, and is, moreover, one which should be a very congenial employment for ladies, and it might be much more cultivated than it is by those who desire home work.

By cleaning lace, it is not always intended to convey *washing* it. There are degrees of value in fine old dentelle; there are differences in quality, in history, in make, and in value from association, which have all to be considered when the question of renovation crops up; and there are also personal tastes with regard to tint which are, perhaps, not exactly within the scope of the present article.

It is intended to give some broad principles, by the application of which the cleaning of lace may be undertaken without fear of failure.

TO CLEAN OLD LACE. DRY PROCESS.

Valuable old lace should not be washed, save under exceptional circumstances. The best method of restoring it is to spread it out very carefully on a sheet of clean white paper, and then sprinkle it very thickly with very dry powdered magnesia. It may be folded over as often as is necessary, but magnesia must be spread between every two layers. When all is covered, a clean paper should be spread over the whole (taking care that every particle of the lace beneath is flat—it must not be rolled), and if it is left for a few days, or kept pressed under a fairly heavy weight for that time, it will be found that the magnesia, when shaken out, will take out most, if not all, of the dirt with it.

TO CLEAN OLD LACE. OIL PROCESS.

Occasionally very old and valuable lace has become greasy and hard from neglect, and the magnesia process, it is evident, will not be sufficient to put it into usable order. In this case a remedy is recommended which at first sight appears to be likely to be much worse than the disease, viz., an oil bath. Pure olive oil must be used, and the reason of this medium being employed is in order that the threads of the lace, hardened and rendered brittle, and likely to tear by reason of this undesirable stiffness, should be softened to their original suppleness. The lace should be smoothed out (and, when necessary, mended) and then folded flat, and very lightly tacked round the edges with exceedingly fine thread, applied in long stitches, to keep it in shape. The folded lace should next be tacked inside folds of clean linen or soft handkerchiefs, and immersed in a basin of pure olive oil, for twenty-four hours, or for a longer period if necessary.

After soaking thus, the oil must be got rid of by boiling the lace, still in its linen envelope, in strong soapsuds (made by boiling down shredded soap until it is a jelly, and diluting this to the required strength by adding water to it) for a quarter of an hour. The boiling must be rapid, but the time named must not be exceeded. Rinsing comes next, in lukewarm water, repeatedly changed, until all oil and soap have disappeared. Then let the lace be taken from the envelope, and all tackings lightly removed. The latter

No. 8249 No. 8250

SMART AND USEFUL SUMMER COAT-AND-SKIRT COSTUMES.

For Descriptions see Pages 33 to 36.

Price of Paper Patterns, Pleated Skirt, 1s. 0½d.; Skirt, Foundation Skirts, or Coats, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8251.—LOVELY EVENING GOWN WITH LACE STOLE.

For Descriptions see Pages 33 to 36.

Price of Paper Pattern, 1s. 6½d., *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

must be cut at very short intervals, and the threads lightly lifted out. It is fatal to begin to pull the tacking threads out roughly. They will, however fine, be certain to break and tear the lace threads.

To finish lace thus cleaned, it is, in my opinion, a great mistake to use starch. Some people insist that starch is necessary—and for those who like it so, it should be put into the last rinsing water in very small proportions. Those who like lace to be soft and pliable, ready to fall into graceful lines and curves, will be content to pin it out until it is quite dry, in the way of which details will be given anon.

I do not advise ironing after the oil-bath, which is an especially good process for valenciennes.

TO CLEAN POINT LACE.

Point lace, being very thick, requires to be washed; and the best lather for it is made from pure glycerine soap, dissolved in hot water. The lace must be rolled round a bottle or glass rolling-pin, round which a piece of clean and fine linen has been tacked, and a fold of fine linen must be tacked over all to protect it from possible injury. Then let the rolled lace remain for quite twelve hours in the lather, and repeat the process, with a fresh clean lather, three or four times or more, according to the degree to which the lace has been soiled. Then rinse in clear soft water, dipping the bottle in, but taking it out almost immediately, as some soap must be left in to give substance when the lace is finished. A very little washing blue may be added to the rinsing water by those who like a dead-white tint; but those to whom the yellow tint of age is precious, will not use it. Indeed, some prefer to add a little saffron to the rinsing water to encourage an air of venerable antiquity.

Guipure and all other very thick laces may be cleaned in the same way as point lace, and none of these should be ironed. They all need stretching and pinning—as will presently be shown.

TO CLEAN LACE WHICH IS NEW, BUT SOILED.

To clean new lace not requiring washing or passing through the oil process, but yet needing freshening up, have a large pad, fairly thick, of coarse flannel, white, and scrupulously clean, and lay the lace, face downwards, on this. Now have a piece of clean and very stiff book muslin, with plenty of "dressing" in it, and dip it in clear cold water for a moment, squeezing it at once, so that it is not too wet, but still has a good deal of the stiffness left in it, and with this dab the back of the lace all over. Then, with a cool iron (and a piece of muslin between the iron and the lace) smooth the whole surface, taking care to get rid of all moisture as far as possible. The lace must not be lifted from the flannel until it is thoroughly dry. By this process all the pattern will stand out beautifully, which is not always the case if ironing, &c., is carried out with the lace placed over a linen surface.

TO WASH VERY SOILED FINE LACE.

Roll it round a muslin-covered bottle, carefully securing both ends and covering the whole with another muslin, and plunge into a saucepan large enough to hold it, filled up with cold water. Add a piece of ordinary soap and a small piece of soda, and boil rapidly for an hour. Then pour away the soiled water, fill up the pan again with cold clear water, boil up and throw away, and repeat this process until the water boils perfectly clear, by which it will be evident that the lace is clean and properly rinsed, excepting for a final rinsing in absolutely cold water. Then unroll the lace to dry it, or, better still, fill up the bottle with hot water and cork it. This will dry the lace very fairly well from underneath, and the drying may be finished by placing the bottle in the air and sun afterwards.

No. 8252.—The New Bridal or Court Train.
For Description see pages 33 to 36.
Price of Paper Pattern, 2s. 0d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

TO STRETCH AND PIN OUT LACE.

First take the lace in the hands, and gently pull out all scallops and edges. Then have a wooden drum about twelve inches long and twenty-four inches round. Cover it with cotton padding, and then tack a piece of white linen round it, and on this pin a piece of the thin dark blue paper which drapers use for keeping cotton wadding, &c., in. Pin the lace out on to this, using white metal pins, corresponding exactly to the size of the picots, or little loops, at the edge of the lace. Pin the straight edge out first, in a dead straight line, with pins about an inch apart. Then put a pin in every picot at the edge of the lace, keeping the pattern even, and avoiding stretching anywhere. Then pin out the design in the same way, and do it all quickly so that the lace is pinned out while still damp. If it begins to dry too soon damp again with a wet sponge, It is fatal to put the pins into dry lace, as this will only conduce to tearing. In the case of long or very deep lace pin into only as much as the drum will accommodate, keeping the remainder wrapped in a clean and damp piece of linen. Never remove lace from the drum until it is absolutely dry—and be careful to protect it from dust.

IRONING LACE.

When ironing is necessary, let lace be spread out on clean white flannel, and iron very firmly but not heavily, from the wrong side, not touching the picot edge. Then pin out the picots as before.

TINTING LACE.

A few drops of coffee or of Indian tea will, if added to the rinsing water, give an "old" tint of a creamy shade. Mallow tea gives a greenish tint, and saffron brings a yellowness as of age. Dolly Dies or Maypole Soap may be used for colouring cheap laces, but they should not be used for old or valuable dentelle.

STIFFENING LACE.

Rice-water, thin starch, or clear gum added to the rinsing water, will stiffen lace.

POINTS TO BE OBSERVED.

(1) All flattened flowers in thick laces may be raised by the point of a stiletto. (2) Lace must be squeezed, never wrung out. (3) Silk lace should be soaked in hot milk with a little borax in, to prevent it turning yellow. (4) The cleaning of lace, especially of what is valuable, is not a rapid process, and the pinning out is laborious; therefore, uninterrupted time and deft and patient fingers are needed; but given these and patience, the results will be more than satisfactory.

NOTE.—In sending remittance for paper patterns our readers will greatly oblige if they send it in halfpenny stamps, or in P.O. in preference to penny stamps.

"Myra's Journal is the best fashion book one can buy and the Free Patterns are lovely."—M. Y. A.

No. 8253.

No. 8254.

No. 8255.

THREE TUCKED SUMMER BLOUSES.

For Descriptions see Pages 33 to 36.

Price of Paper Patterns, each 6½d., *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

By Mistress Anne Page.

HOW TO COMBAT THINNESS.

WHILE the majority of Englishwomen in the fashionable world to-day are bemoaning their over-stoutness and doing everything in their power to become more slender, here and there one finds others so troubled on account of their leanness that they make themselves thinner by this very act of worrying.

So, as most of us have had opportunities of observing that a woman's power to charm and influence those by whom she is surrounded is doubled when the beauty of her face is accompanied by a perfectly proportioned form (carefully dressed, of course) and an elegant carriage, with that undulating grace of movement that seems to say that every part of her body is alive and in full sympathy with every other part, thinness must be combated, because beauty of form is not compatible with extremes, and this want of flesh is, in its way, as inimical to beauty as obesity is.

Now, thinness usually means the absence of that amount of fat which is natural to the body and needed by it for various purposes, amongst them being the formation of that rounded contour which, by removing or preventing the appearance of angularity, is one of the essentials of beauty. Thinness throws the body out of proportion; there is too much length for the other dimensions, the face looks too long, and the neck shows bones and sinews, the mouth seems too long, and there are deep hollows in the cheeks, and all this leads to dryness of skin, and wrinkles, wrinkles, everywhere.

Ill-health, a tendency to one of the forms of anæmia, constant worry as to how ends are to be made to meet, or work that robs us of a sufficiency of fresh air, may have caused this thinness; or it may have come about gradually through want of knowledge as to the most nourishing kinds of foods to eat, and what foods and beverages to avoid, how to breathe, how to dress, how to properly ventilate our rooms; in fact, how to treat our bodies generally on sound hygienic principles.

In the first place, those who desire to regain rounded contours should take a course of Dr. Horn's Carnoform, the Flesh-maker, a preparation held in high esteem for this purpose by many members of the medical profession, and frequently prescribed for those who have become emaciated through what are known as "wasting diseases," a specific that does not contain any drugs, but that is rich in ingredients that will form and build up new and healthy tissue. It is only to be obtained from Dr. O. E. Horn, D.Sc., 4, Bryanston Road, Talbot Park, Bournemouth, to whom the world is indebted for the discovery of it. It is so perfect and so pure a food for thin people, that it is being continually recommended to nursing mothers who have become thin, and Dr. Horn sends it for 3s. per tin, and makes a reduction, I understand, if four tins are ordered at once.

It has been said by specialists that whatever can bathe and eat and sleep can be fattened, so that there is hope for everyone; hope that should make an end to the worrying that increases the mischief instead of diminishing it. A warm bath, in softened water, should be taken every day, but it must not be a hot one, for that would tend to enervate the body that, already, is is none too strong.

Again it is important that the lungs be filled every day with sweet, clean, fresh air, and it is a good practice to get into some open spot in lane or park, or field or garden, and there to stand with heels together, head held well up, shoulders well thrown back so that the chest is arched, and then to slowly inspire the pure air until all the air-cells are filled with it to their utmost capacity.

Foods must be of the right kinds, well-cooked, and eaten with slow and careful mastication, so that the glandular secretions of the mouth may mix well with with them, and help to give them their full value, by aiding them to digest perfectly. Indigestion is one of the most potent causes of thinness, and therefore anything that provokes this must be guarded against, imperfection in the teeth for one thing. Of suitable foods for thin folks we will talk next month, and of clothes, too, though I will say here that these must be warm but light, by day and by night, so that the body may not be fatigued by being over-weighted.

(To be continued.)

No. 8256.

ONE OF THE NEW LINGERIE GOWNS.

For Descriptions see Pages 33 to 36.

Price of Paper Pattern, 1*s.* 0½*d.*, *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

A LINEN BLOUSE WITH EMBROIDERED CROSS-OVER.

By MRS. HAMER-JACKSON.

FOR a keen observant of fashion's changes and forms, perhaps no other field has offered such interesting subject of study than the practically recent revival of handwork on all our clothes, from the elaborate work on underlinen to the rich embroidery of lace stoles and dress trimmings.

During the last year or two we have begun to see the embroidered linen dresses for summer wear, which, however, have never before reached such a success in the fashion world as will be witnessed during the coming summer, after the great vogue of the elaborately worked gowns which have been one of the features of the past season.

It is very difficult to embroider winter dresses; the materials are mostly dark and the heavy relief embroideries in vogue are often rather complicated for the amateur worker. But linen dresses are another thing altogether; anyone can work pretty embroideries on muslin or linen, and thus possess charming dresses which will cost comparatively little money, as their great beauty and richness will be due to the personal skill of the individual. The delightful model illustrated, and of which the paper pattern is given away in this number, is a most original model, with a touch of antique gracefulness imparted to it by the cut and the square yoke simulated by the insertion.

The embroidery is quite easy and straightforward, the work being done entirely in Peri-Lusta embroidery white Flossette, size 0. The leaves are in padded satin stitch and the flowers outlined with firm rope stitch and filled in with the always effective and easy French knots or sandstitch, which is so much used in French elaborate work, and which is nothing more than the fine backstitch worked closely.

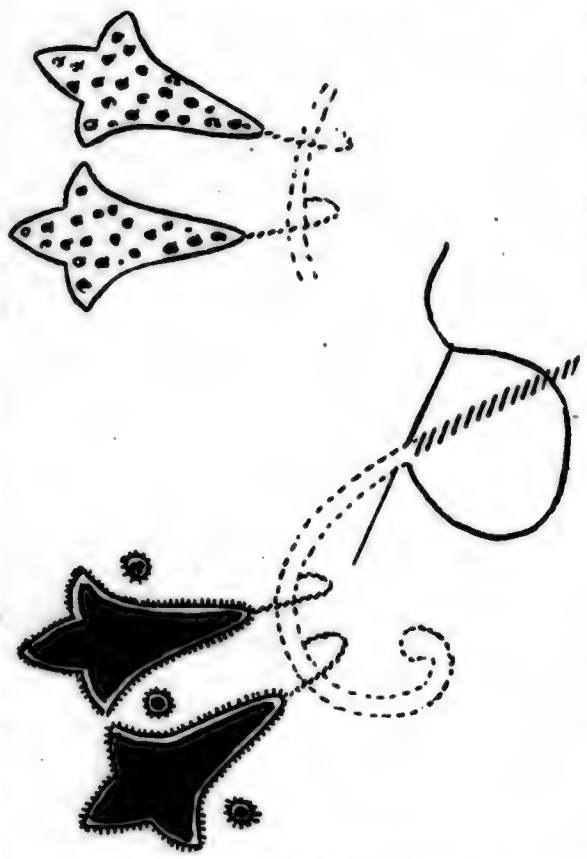
The edges of the blouse illustrated are scalloped and may either be outlined only in running stitch or buttonholed and cut, the edge then lying open on the two tucks on the left side.

This buttonhole edging is extremely graceful and simple to execute. Begin by tracing the outline of the scallop with running stitch. The stitches should not be too small, nor far apart. Fill in the spaces between the lines with stitches in any direction. This is the padding, which can be more or less raised according to the effect required. Begin in the left-hand corner by fastening your thread. Holding this under your left thumb, insert the needle above, and bring it out below the run-line, drawing the thread to the end. Put the thread again under the left thumb making a second stitch by the side of the first, and so on, until the scallop is covered.

Notice that the needle always passes above the working thread. The stitches must not be too crowded, but evenly placed side by side. As the lower edge of the scallop must of necessity be longer than the upper, the stitches must be set more closely together at the top, and slightly apart at the outer edge.

The design of the blouse in itself is extremely graceful, and the combination of heavy and light embroidery gives a decidedly original touch. The inside of the little bells might be cut out in broderie anglaise fashion, before the outline is worked, thus giving a very pretty and light effect; but the French knots or sandstitch has been introduced instead, rendering the flowers more graceful and delicate, and detaching them better from the background.

Another way of filling quickly the inside of the flowers, or for light leaf effect, is the post stitch. This stitch is so called probably because the desired effect is got easily and quickly.



Detail of Embroidery.

Full-size Transfers of Embroidery (left cross-over), two sleeves, can be had from Madame Myra, 10 *and* 11, *Fetter Lane, E.C., price* 6½*d., post free.*

Supposing you wish to represent a leaflet or the petal of a flower, bring the needle out at the point that is to the base of the leaf, which is usually on the stalk. Only half the needle should be put through the material. Turn the thread as many times round this portion of the needle as is necessary to get the length of that part of the needle which is under the material. Draw the needle and thread very carefully through the little spiral you have made. Be careful to place the left thumb on the eye of the needle while you twist the thread round, and then on the little spiral while you draw the needle quite through. The spiral is now ready to put into its place. Insert the needle at the point of the leaf, and bring it out again at the base. Then proceed to make the second edge of the leaf, just as you did the first.

An extremely pretty way of working this blouse would be to put a band of net under the part to be embroidered, and working it in buttonhole stitch all round the bell, then cutting the inside open on a background of net, giving at a very small cost the appearance of lace embroidered to match the lace yoke. The same idea will suggest itself to many of my readers for embroidery on nuns veiling or light woollen material, substituting the net for for velveteen and putting little coloured beads or sequins between the bells, thus giving a very artistic and handsome finish In any case the sleeves are richly embroidered to match the blouse, and when possible the flowers should be reproduced on the skirt and a few scrolls to match on the collar.

The skirt front's cross-over can be worked in the same way. The blouse transfer can be used by cutting out the detachable flowers so as to graduate from narrow waist to first corner (use blouse front and one sleeve so far, heaviest flower at corner), the space from first corner to angle at foot having the flowers *diminishing* from the first corner to foot (the second sleeve is used for this).

MYRA'S EMBROIDERY TRANSFERS.

These excellent full-size Transfers of Embroidery designs which we publish monthly are only printed in BLUE. For dark materials, instead of "ironing off" the design on the fabric, tack the transfer in place and work OVER it, tearing away the paper when the embroidery is completed.

Madame Myra only keeps the transfers of embroideries specially prepared for the Free Patterns. When the transfer for the embroidery is to be had, the price, &c., is ALWAYS written beneath the illustration.

IMPORTANT WARNING.

The Emigrants' Information Office desire to warn intending emigrants to view with great caution offers of employment in Venezuela, especially when such offers are coupled with the obligation of giving security by making an investment in the undertaking offering employment. Official information has recently been received of a considerable number of cases in which emigrants, who have gone out in response to similar offers, have found themselves destitute, and have had to apply to a British Consul for relief. It is necessary to point out that Venezuela does not offer a suitable field for the ordinary emigrant from this country, owing to the great differences of laws, language, climate, and conditions of life and work. Enquiries should be addressed to the Emigrants' Information Office, 31, Broadway, Westminster, S.W.

The Emigrants' Information Office also desire to warn intending British emigrants that they will meet in Brazil with climate, laws, language, money, and conditions of life and work widely different from those to which they have been accustomed in this country. Wages which in England are ample afford but a bare subsistence in Brazil.

"I think it (the embroidered blouse) quite the prettiest of the kind I have seen.' —N.B

No. 8257 No. 8258 No. 8259

No. 8260 No. 8261 No. 8262

CHILDREN'S SUMMER COSTUMES.

For Descriptions see Pages 33 to 36.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

LADY NURSES FOR CHILDREN.

By E. M. EVORS.

SPLENDID, useful, and interesting work may be done by the girl who takes up this profession wholeheartedly; and in many respects it compares favourably both with teaching and hospital-nursing. The chief essential for a children's nurse is a real love for little children. Without it, though it is conceivable that a nurse might be thoroughly efficient in the management and care of small people, she would never enter into the kingdom of their hearts. Patience, gentleness, and a sense of fun are qualities which should be specially cultivated by nurses. It is advisable to take up the work early, that is, immediately after leaving school or college; and a practical course of training is not only desirable, but—if the nurse is to possess any professional status—necessary.

There are two well-known and successful training institutions for lady nurses in London, namely, the Norland Institute (10, Pembridge Square, Notting Hill) and the Sesame House for Home-Life Training (43a, Acacia Road, St. John's Wood). Dotted about the provinces are a few more, notably the Princess Christian College for Training Ladies as Children's Nurses (19, Wilmslow Road, Withington, Manchester), the Liverpool Ladies' Sanitary Association (27, Leece Street, Liverpool), St. Christopher's, Tunbridge Wells (53, Upper Grosvenor Road), and the Gloucestershire School of Domestic Science (Winchcombe Street, Cheltenham). At St. Mary's Nursery College, Highgate Road, London, N.W., educated Catholic girls are trained for six months as nursery nurses. The principal here is Mrs. Bernard Mole. I do not know of any similar institutions either in Scotland or Ireland, but doubtless the posts are filled by ladies trained here.

At the Norland Institute—which was founded in 1882 by Miss Emily Lord, now Mrs. Walter Ward—thirty-two girls can be received for training at one time. The house is bright and spacious, and its rooms include a dining-hall, a pleasant sitting-room for the students, and some good class-rooms. The probationers' bedrooms are arranged on the cubicle system, with dividing curtains—four beds in one large room. The Institute is a private concern, and Miss Isabel Sharman, who a short time ago conducted me over the house, is resident Principal, and has the entire management of affairs. She is assisted by a staff of certificated teachers.

No. 8263.—Cashmere Skirt and One-Piece Tucked Blouse.
For Descriptions see Pages 33 to 36.
Price of Paper Patterns, Skirt or Blouse, each 6½d., post free of Madame Myra, 10 & 11, *Fetter Lane, E.C.*

All the light domestic work of the house is undertaken by the probationers, who in this way acquire a practical knowledge of housewifery. For the rougher work charwomen are employed. While doing their household duties the girls wear big pink pinafores, in which they look very nice. I saw them in the laundry—and also some of the children's pinafores and things, which they had "got up" with excellent results; and I saw them in the kitchen, busily engaged in cooking the day's dinner. Meat patties were being made among other things. These operations were supervised by technical teachers. In the class-rooms Froebel studies were going on, for the Norland nurses are trained on Froebelian principles; and in this department I was shown specimens of paper-folding, brush-work, drawing, nature-studies, and so on.

The scheme of training, which covers one year, is worked out somewhat as follows: Twelve weeks in the Institute; thirteen weeks in a hospital for children, where the girls gain a practical insight into the principles of good nursing; ten weeks again at the Institute, and ten weeks in the nurseries, where the theoretical knowledge can be tested in the most interesting and practical way. Besides the domestic work I have referred to, lessons in needlework are given, i.e., how to cut out, make, and mend simple garments for little children. Hygiene and nursery management is another important branch of the training. This includes the care and management of infants and young children, a knowledge of simple remedies, and of proper nursery diet. After the period spent in hospital the probationers are allowed a fortnight's holiday, and after the last period at the Institute they are expected to take at least four weeks' holiday.

Then come the last ten weeks in the Practising Nurseries, to which all look forward as a foretaste of the work which will be theirs in the future when "on their own." The Norland Nurseries constitute a boarding-house for the children of well-to-do folk, whose parents are travelling, or who for some reason or other are obliged to dispense with their own nursery, and to part with their children, at any rate, temporarily. These children are installed in another house in the Square, just a few doors off. When I visited it most of the little inmates had gone out for an airing, as it was a beautiful, sunny morning; but I saw an eight weeks'

I have taken your journal for seven years, and find it very useful.—L. Bradbury, 38, Gladstone Avenue W G..N.

No. 8264. — The Stole Over-Dress.
For Description see Pages 33 to 36.
Price of Paper Patterns, 6½d.; price of Princess Under-Dress, 1s. 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

baby being nursed with genuine pleasure by an under-nurse, and a bright little boy of two and a half, who had been resting in his cot because his Mummy was coming to see him that afternoon. The special feature of the Norland Nurseries is that each nurse has charge of a model day and night nursery, assisted by a probationer, who acts as under-nurse. As a rule, they have charge of from one to three children, of ages varying from one month to eight years. Only fourteen children can be taken altogether; so after all, this boarding-house resembles nothing so much as a large family circle of the days when long families were in fashion. The experience to be gained here, even in only ten weeks, is of inestimable value. The rooms are most suitably arranged for their purpose.

The total inclusive fee for the year's training at the Norland Institute is £74 odd. In this a first uniform is included, as are the hospital fees and travelling expenses between the Institute and the Hospital. This fee is payable in four lump sums at stated periods, the first and largest instalment being £30. I should like also to mention that a Loan Fund exists, whereby in some special cases the fees may be advanced to suitable candidates, to be repaid out of subsequent salaries.

The Norland Institute, Miss Sharman tells me, is never closed, the holidays of the staff being fitted in in such a way as to make for convenience to all. The demand for nurses continues steady, and the standard of efficiency demanded by employers is, Miss Sharman thinks, distinctly higher than it was some few years ago.

SESAME HOUSE.

Having enlarged so much upon the working of the Norland Institute, space will allow of but a glance at the carefully-thought-out training of the Sesame House, of which Miss Last is the Principal. The house has the great advantage of a large old-fashioned garden and playground. The free Child-Garden, attended by some forty children of the immediate district, offers a fine opportunity for students who intend to be either lady nurses, kindergartners, or nursery governesses, for they are able to take their share of work among the children (under the supervision of Miss Last and a certificated mistress) in small groups at a time, and also to have practice with baby-groups. A course of training at the Sesame House Nursery, at 29, Queen's Road, N.W., will naturally be the goal of the would-be nurse who takes her home-training at Sesame House, for here she can learn all about the personal care and feeding of infants, under the direct supervision of a lady superintendent and a lady doctor. The Sesame House Nursery is under the inspection of the London County Council, and the children boarded there are drawn from respectable homes, where, through illness or death, there is urgent need for motherly care. The students are taught, among other things, how to humanise and modify nursery milk; also to make careful inventories of the various articles necessary to a well-managed nur-

No. 8265.—A BEAUTIFUL TEA-GOWN.

For Description see pages 33 *to* 36.

Price of Paper Pattern, 1s. 6½d., *post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

sery, to know their prices, and where they are to be procured. Each student keeps a chart whereon to mark the progress of the little one under her care—its weekly weight, particulars of its teething, and other scientific details. The Sesame House is modelled on the lines of the "Pestalozzi Froebel House" in Berlin, and was started in 1899. It is managed by a committee appointed by the General Committee of the Sesame Club in Dover Street.

As regards the Liverpool scheme of training for ladies as children's nurses, organised by the Liverpool Ladies' Sanitary Association, there were great developments last year (1908), when the Countess of Derby opened a Residential Training Home for Lady Nurses. Up to that time the training had been non-residential. As the Home contains a Day Nursery, and is in charge of a trained, experienced hospital nurse, the students are now able to gain practical experience in the care of infants and young children. It was stated in that useful little paper, "Women's Employment," last July, that the demand for fully-trained, competent, well-educated women as lady nurses for children was then much in excess of the supply, and the writer added, "It is hoped that in the future the profession will be adopted by an increasingly large number of those who have a real love for children."

The salaries of lady nurses range from £25 to £70, all found, and with all expenses, and one hears occasionally of wealthy people giving as much as £100 to a capable and experienced woman, although that is, of course, "a fancy price." A very usual salary is £35.

The wage-earning period of a lady nurse covers a longer space of time (granting that she begins early) than is the case in many other professions. She is not "too old at forty." The work is undertaken under healthy conditions; is not unduly strenuous, and it is a truism that nothing keeps one young so long as constant association with children. The vogue for lady-nurses, is, of course, scarcely long enough established to make any very weighty statements as to the age-handicap; but it is obvious that it is less quickly reached than in the case of a governess. I am told also that often when the children pass beyond the stage when her services are needed, a niche is found in the home for the lady-nurse, either as secretary, housekeeper, or companion. The Colonies will doubtless requisition the lady-nurse in large numbers by and bye.

THE "IDEAL" COOKERY BOOK.

This is a selection of some 200 well-tested recipes, by Miss Lilian Clark, for savouries, pastry, custards, all sorts of plain and delicate sweet dishes, summer and winter drinks, &c., &c. It is sold at the modest price of 6d. (by post 7d.), by the publishers, Beeton and Company, 10 and 11, Fetter Lane, E.C.

No. 8266.—DRAPED PRINCESS EVENING GOWN.

For Description see Pages 33 to 36.

Price of Paper Pattern, 1s. 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8267 No. 8268

No. 8269

SMART SUMMER MILLINERY.

For Description see pages 33 to 36.

No. 8270

No. 8271

SMART DESIGNS FOR LINEN OR VIYELLA.

For Descriptions see Pages 33 to 36.

Price of Paper Patterns, Skirts, Foundation Skirts, Coats, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

No. 8272.

LOVELY LINEN GOWN WITH BRODERIE COAT.

For Description see pages 33 to 36.

Price of Paper Patterns, Skirt, or Blouse, each 6½d.; Coat, 9½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

No. 8273

No. 8274

No. 8275

No. 8276

DAINTY EXAMPLES OF SUMMER BLOUSES.

For Descriptions see Pages 33 to 37.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8277 No. 8278 No 8279

CHARMING EXAMPLES OF

For Description

Price of Paper Patterns, Princess Overdress (*No.* 8280), 1*s.* 0½*d.*; *Skirts, B*

8279 No. 8280 No. 8281 No. 8282

G EXAMPLES OF THE NEW LINGERIE FROCKS.

For Descriptions see pages 33 to 36.

No. 8280), 1s. 0½d.; Skirts, Blouses, or Coat, each 6½d., post free, of MADAME MYRA, *10 and 11, Fetter Lane, E.C.*

DESCRIPTIONS OF THE FREE PATTERNS.

[Note.—Our Free Patterns, presented with each number, are always cut *stock size* for ladies: Skirts (from *natural* waist), 40in., front length (except for trottoir, when length is only 38in.); waist measurement (skirts, coats, blouses, &c.), 24in. Children's patterns are cut the recognised stock size for the ages quoted in the description. *No* turnings are given.]

LINEN SKIRT WITH EMBROIDERED CROSS-OVER.

THIS can also be made in bordered fabrics. The smartest way of making up such a dress is to strip off the border and stitch it again on the shaped skirt and blouse. These borders are usually from six to eight inches wide, but the floral decoration is often in rows, so that quite twice—sometimes three times—the length of trimming can be secured by dividing the border into its separate rows. In some cottons the lowest row is wider, and this comes in well for the skirt. Or two rows can be kept together for the skirt, the narrowest row sufficing to trim the blouse. Our model is of white linen, hem-stitched round edge, the cross-over embroidered.

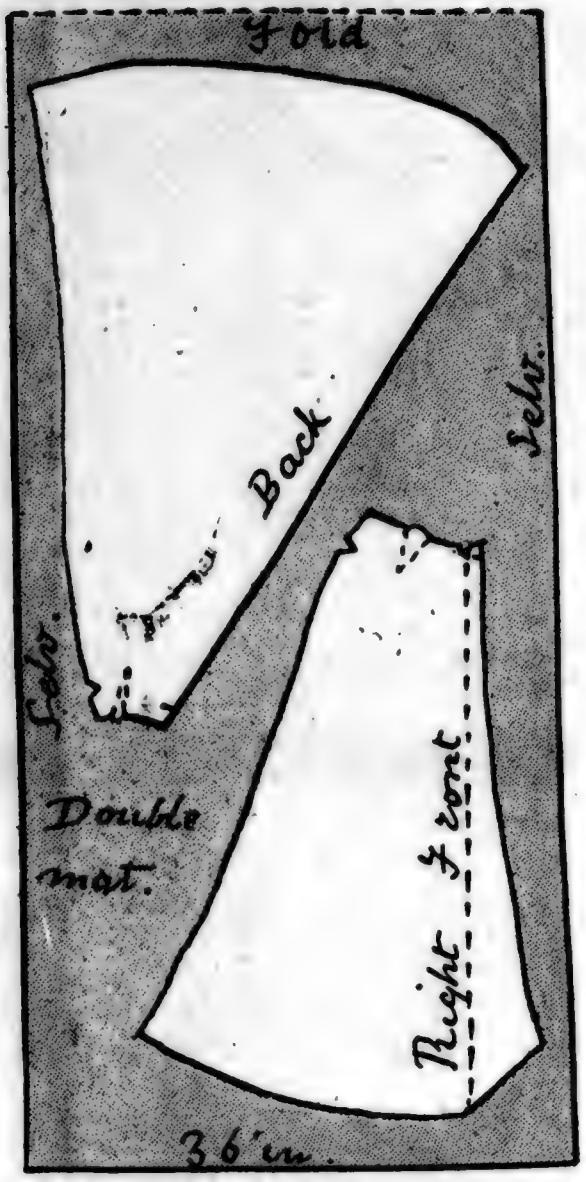
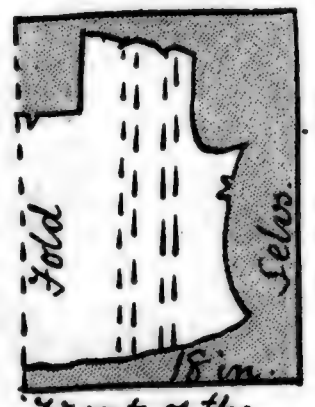


Diagram of Free Skirt Pattern.

The skirt pattern is in two pieces: the right front, one back. There is a seam at back and sides, the fronts lapping and stitched together—the left front, of course, ceasing at the centre (shown by dotted line in diagram, by notch at waist and corner at foot in the pattern). Another version of this skirt is shown with our coatee pattern—the cross-over cut away—which brings a seam down the front centre. If the seams are decorated with a wavy washing braid, a charming skirt is obtained to go with the one-piece coatee, or with shirt closing down front centre.

The skirt which might be long enough to touch the ground, flutes handsomely. The hips fit neatly, fit being assisted by a small dart, wheelmarked on the front pattern. The skirt is about one inch above the normal waist, but can be dropped an inch, when a very narrow dart in the back breadth is an advantage (see diagram).

The diagram shows the pattern laid on 3½ yards 36 inch linen, which is opened out and is doubled, so that the pattern is cut in duplicate. For the linen send to Robinson and Cleaver, 40B, Donegall Place, Belfast.



Front of the alternate Blouse

Diagram of Free Blouse Pattern.

Tack the darts, also side and back seams, leaving the opening in front lap. Try on. Stitch and press the seams. Turn up the hem, and hemstitch it, making the holes with a big needle. The opening edges are stitched and finished with strips of linen. Embroider the cross-over. Cut away the superfluous linen of left front after the lap is arranged and stitched down. Close with small hooks and eyes. The top is bound with a bias band of linen, and closes with two larger hooks and eyes.

This skirt looks charming hemmed in the ordinary way, and trimmed all round and up front with yak lace or washing galon.

Full directions for working the embroidery will be found on page 14.

LINEN BLOUSE WITH EMBROIDERED CROSS-OVER.

This charming blouse can be cut in two ways—either with cross-over closing on left; or closing at back, the whole front being in one piece (see diagram of alternate front, page 26, and the illustration on page 27). The cross-over is omitted from the alternate blouse, the front centre being laid along the fold in the same manner as the back centre of back (see diagram).

The pattern is in six pieces—the right front (cut with cross-over), half the back, one sleeve top, upper and lower of lower sleeve, half the one-piece yoke. In the embroidered blouse this yoke closes on the left shoulder. In the tucked shirt version it closes at back.

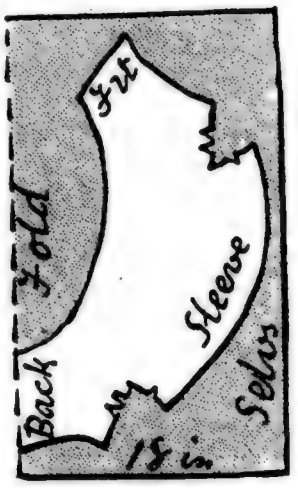


Diagram of the Coatee Pattern.

Cut the complete yoke in stiff paper, and make it up by sewing together 1½ inch lace as illustrated. One row outlines yoke. There are two rows in front and three at the back. A little corner has to be inserted on each side.

The collar is a 14 inch band about 3 inches deep. This can be made of two rows of lace or of a tucked band of linen. (See diagram, where band is marked off wide enough to allow for tucks.) The collar hooks at back.

The one-piece upper sleeve is folded to flat pattern. Allow material for these deep tucks.

The diagram shows the pattern pieces laid on 2 yards 36-inch linen. The right front is laid on single material, the left front (cut on right front pattern) being marked off. The left front is tucked like the right (these broad tucks are wheel-marked), the right's cross-over lying on the second tuck of left front. Above, the

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ALL THESE BEAUTIFUL MODELS CAN BE CUT FROM OUR FOUR FREE PATTERNS.

No. 3.—ONE-PIECE LINEN COATEE.
(Showing alternate version of Free Skirt.)

No. 1.—LINEN SKIRT, WITH EMBROIDERED CROSS-OVER.
No. 2.—LINEN BLOUSE, WITH EMBROIDERED CROSS-OVER.

No. 4.—CHILD'S ONE-PIECE OVERALL AND ALTERNATE VERSION OF THE FREE BLOUSE.

OUR FOUR FREE PATTERNS.

PROVIDING TWO COMPLETE COSTUMES FOR A LADY, AND A CHILD'S OVERALL OR DRESS.

For Description see Pages 26 to 28.

single material is folded over, selvedges meeting, the back centre of back laid along the fold. The back has two deep shoulder tucks like the fronts.

The fulness of the back is merely frilled into the one-piece yoke. The front fulness is arranged in five very fine tucks—the merest pinches. Front (right) and back join the yoke according to the single and double notches. There is very little fulness, just enough to shape the bust. The big tucks should be hem-stitched if the skirt is thus hemmed.

Embroider the cross-over. The shape of the scallops is given in the transfer, which can be had from Madame Myra, price 6½d., post free.

The lower sleeve (or long cuff) is seamed after the embroidery is done. The wrist is scalloped and edged with a frill of lace or muslin. A wide frill to match hides the junction of upper and lower sleeves.

The blouse can be more simply made by omitting the embroidery and decorating cross-over with yak lace. The under-sleeve, like yoke, would be of lace.

Broderie Anglaise makes a nice yoke, collar, and under-sleeve for the cross-over blouse or for alternate blouse with one-piece front. The cross-over skirt, merely hemstitched, can be used with the blouse closing at back (see "Alternative Blouse" illustration, p. 27).

ONE-PIECE COATEE OF LINEN.

This is a charming little model, to wear with the alternate version of our free skirt, The pattern is in one-piece—half the coatee. The diagram shows the pattern laid on ⅞ yards 36-inch linen, which is folded in half (selvedges meeting), back centre of pattern laid along the fold.

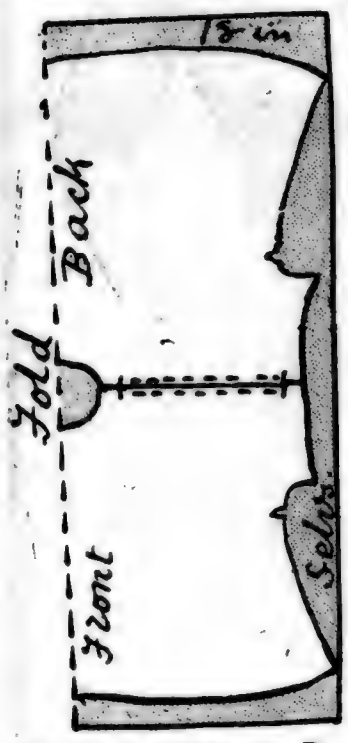

Diagram of Overall Pattern.

Stiffen the front edges, which close with hooks and eyes, edge to edge. The coatee is hemmed all round, and is decorated with washing braid and a few pearl buttons. The only seams are under the arms and little sleeve, which join according to the double notches (under arms) and single notches (sleeve).

Tan brown linen with white washing braid is charming for skirt and coatee. For the linen send to Robinson & Cleaver, 40B, Donegall Place, Belfast.

CHILD'S ONE-PIECE OVERALL.

It can be made of muslin, fine linen, nainsook, batiste, &c. Pattern is in one piece—half the back and half the front in one. The diagram shows the pattern laid on 1¼ yards 36-inch material, which is folded in half (selvedges meeting), centre of back and front laid along the fold. The pattern is cut for a child of four years.

Scallop neck and sleeve edge (mark out scallops with a shilling) and work the edge with buttonhole stitch. The rest of the embroidery is circles (double scallops) of satin stitch. To work these see No. 38 in "Embroidery Stitches" (No. 23 "Myra's Library of Needlework," price 1½d., post free).

Leave 1½ inches free at neck and sleeve for the embroidery. The rest of the shoulder gather up into 3-4 inches (according to the bulk of the child), and support the two rows of gathers with a tape underneath.

The back is slit for an opening, and supplied with false hems. The lower edge has a deep hem. Embroider a band of muslin and gather front into it (below the natural waist). This supplies a "casing" to hold the wide ribbon runner which ties at the back.

This charming little model can be used as an overall or as a summer frock.

No. 8283.—Flannel or Linen Dressing Gown.

For Description see pages 33 to 36.

Price of Paper Pattern, 1s. 0½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

A SAFE REMEDY FOR STOUTNESS.

The vagaries of fashion within the last few months must have been a trial to many ladies to whom it would be an offence to apply the word "stout," still less "over-stout." There is, however, this to be considered: the inclination to a slight plumpness or "embonpoint," which is attractive in some women, may possibly point to the menace of right-down obesity at a later stage. How many women suddenly realise the (to them) appalling fact that they have commenced to put on flesh rapidly?

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COOKERY & HOUSEHOLD MANAGEMENT.

SOME WAYS OF COOKING VEAL.

BY the time this article is in print the price of veal will be going down, and housekeepers whose purses are neither deep nor very full may indulge in purchases which but a few weeks ago might have been deemed extravagant. Veal is usually considered very indigestible, but this reproach is undeserved. It is perfectly fit for even weak digestions if it be properly—i.e., slowly—cooked.

Whether boiled, stewed, roasted, or used for a pie, or made into one of the many so-called "made dishes," it requires more slow and more gentle cooking than either beef or mutton. It is naturally a dry meat, and requires much basting, if roasted; and is the better if flavouring, vegetables, and a little ham be cooked with it, if boiled; while, when grilled, it should have a sharp or acid sauce served with it, and almost in all ways of cooking it a little lemon juice should be employed.

Most of us are familiar with a fillet of veal stuffed and roasted, but not everyone realises how many different dishes may be contrived from a whole fillet—i.e., the whole leg—if it be divided in the French way. In England we usually allow the butcher to cut for us the middle portion of the leg of veal (for that is what fillet really is), and to charge us top price for it. Possibly, also, we invite him to remove the bone, and forget to ask that it be sent home with the meat. The result is that our joint is weighed whole and charged at the highest price. Then the bone is removed and kept, and our larder is the poorer for its deprivation of material for stock or broth, while the butcher's stores are enriched by a fine bone which he can sell at a profit to himself after it has already been paid for as part and parcel of the original fillet.

It is much more economical to buy the whole fillet, or leg, and to divide it at home. From the top part may be cut a thick piece to stuff and roast, or a thinner portion to be fried or grilled; or from it may be cut pieces for grenadines or cutlets. By the "top part" I mean the thick, fleshy piece inside the thigh, called the *Noix* by the French. Immediately under this portion is the under-noix, which is best used for making a pie, or mince, &c. The bones and sinewy, glutinous parts are ready to be boiled down for stock, or to help in making sauces or gravy. Nothing is wasted in this way, and there is, moreover, the additional advantage that the price of the whole joint is always less per pound than that of any of the portions bought separately.

The stuffing of a fillet of veal as we understand it in England is a simple matter. The nicest forcemeat for it is made from breadcrumbs, chopped suet, chopped parsley, and a seasoning of pepper and salt, with a well-beaten egg to bind the whole and a few drops of lemon juice to flavour it. The time for roasting is 20 minutes to the pound. It must be well basted, constantly, and very old-fashioned cooks always baste it with butter—an extravagance which is not very costly, since half a pound of butter is ample to baste a large fillet with, and the taste is undoubtedly much improved.

Another way of using the *Noix*, or top fillet, is to cook it "Beadle-Fashion," as in Scotland. The meat must be well flattened out with a flat wooden meat-bat, and then threaded with small pieces of bacon, ¼ inch wide and thick and 2 inches long, which have been rolled in a mixture of chopped parsley and onion well dusted with pepper. Trimmings of the meat should be put into a flat stewpan just large enough to hold the piece of veal to be cooked (I do not give quantities or weights, as naturally joints vary much in size and the portions cut from them vary equally), and the meat placed upon them. Any portions which have not been larded—i.e., threaded with the small pieces of bacon—must have a slice of fat, uncooked bacon laid over them. Then some carrot cut in dice, a little sliced onion, a bouquet of herbs (i.e., a sprig of parsley, with a blade of mace, a few peppercorns, and a little celery seed tied up in it, to be removed after cooking) must be placed in the pan, and a little thick brown sauce. The lid is now put on, and the veal must stew very slowly indeed until it is sufficiently cooked. When it is ready it must be taken out and kept hot. The vegetables may be put through a sieve and returned, with a little stock, to the gravy already in the pan, and after cooking a short time it will be fit to send to table round the veal.

GRENADINES OF VEAL.

Cut small slices, 1 inch thick, from the fillet, and flatten them well. Cut one piece in a nice round and the rest in lozenge shape to place round it when serving. Line a pan as before, with bacon and trimmings of veal, lay the grenadines upon this, season well, and put the lid on. If the pan has a hollow lid so much the better. If the lid be flat put it upside down on the top of the pan. In either case place some live coal over the pan and cook slowly until the meat is tender. Then dish on a purée of spinach, or mushrooms, or haricots. This is a most digestive and appetising dish.

VEAL CUTLETS A LA CHINGARA.

Cut rounds, 3 inches in diameter, from the fillet. and cook them, in a stewpan, with a little butter, a slice of ham, onions, carrot, parsley, and herbs, and when done take them out. Boil down the stock remaining until it is thick and brown, and then cook the veal a mom or two in this glaze. Have some sl of cold tongue, and warm them also the glaze, and dish with a slice of ton on each cutlet. Add to the glaze a li brown sauce and a small piece of bu and a squeeze of lemon juice; bring boil. and add to it any remains tongue, minced; and pour this sa round, but not over, the cutlets. variation of this dish is made by u pieces of lean ham instead of tongue.

A SUMMER DISH OF VEAL.

Chop up a handful of mushrooms, shallots, a little parsley, and a spri thyme. Make a little butter hot i stewpan, and in this fry a little ba cut in very small dice, and when lig browned put in the mushrooms, Cook for a minute or two, and then some neatly-trimmed cutlets and a sea ing of white pepper and salt. Stew a very slow fire, skimming off any which may rise. Put in a large spoo of white thickening, and the yolks of or more eggs beaten up with a li cream, add a squeeze of lemon juice, a very small pinch of cayenne, and s very hot.

BACHELOR'S STEW OF VEAL

Have a slice of veal, 2 inches thick, brown it in a little butter in a stew peppering it well. Add half a pin water and two carrots cut in very t slices; close the lid and bring to Then draw to the side of the fire cook very gently and slowly for minutes. Then turn the meat. put carrots on the top again, add four s whole onions, a little salt, a spoonfu ketchup, and a little boiling wa Simmer for another hour, then dish, the gravy poured over and the carrot garnish. This dish may have the sea ing varied in several ways—e.g., by u celery instead of carrot; by ad lemon juice or a slice of ham, or using peas or beans or young tur instead of carrots.

A HARICOT OF VEAL
(A Summer Dish.)

Divide the bones of the best end neck of veal into chops, and brown t well in a stewpan in a little boiling or butter. Then put them into a pan some good brown gravy (that left from a roast answers excellently), when nearly ready add a pint of g peas, a cucumber pared and sliced, a well blanched lettuce quartere seasoning of pepper and salt, and much boiling stock as will cover the v tables. Cook for a short time, till vegetables are ready, then dish with sauce poured round, and the lettuc a garnish.

Space does not permit me to give r recipes, but I remind my readers of collops, veal broth, veal pie, casserol veal, jugged veal, as various dishes which I shall be glad to give recip correspondents. Also of the nouris properties of calve's feet; the app ing dishes which may be made from pluck—i.e., liver, heart, and lungs— head, and even the ears; while an ex lent imitation of turtle soup may als evolved from the head—an imita which, if properly cooked, would dec the very elect of aldermen. Last, not least, there is the ever-useful broth, than which there is no better invalids and the nursery.

LETITIA HO

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THE REVIVAL OF THE PETTICOAT.

For Descriptions see Page 6.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

Descriptions of the Illustrations.

Princess Dress of Broderie Anglaise.

No. 8244, Broderie Anglaise forms the one **Page 3.** back, four sides, and two fronts, the front centre panel being of plain lawn or muslin (according to material of broderie). Tuck plain material, and then cut from flat pattern. Broderie is tucked on shoulders (tucks wheel-marked on front and back patterns). Sleeve of broderie or plain material, tucked before cutting flat pattern. Vest and collar of tucked material (tucked before cutting). Frill at neck and sleeve. A band of broderie insertion outlines centre panel and passes round the neck. Dress closes on left of centre panel, collar hooking at back. A belt of insertion is stitched in place at the waist, the broderie and tucked material cut away beneath it. Cut away material after securing the broderie insertion in place. Wear over a complete princess under-dress (see No. 8219, April Number). 36-inch broderie (without sleeve), 10 yards. 36-inch plain material (before tucking, including sleeve), 4 yards. Choose a broderie pattern with no special "up-and-down," or there will be a great deal of waste, and more material will be required.

New Coat of Ottoman Silk.

No. 8245, Very dainty model. There is a **Page 5.** back, two two-piece fronts, four sides. Seams are open at the back, braided up the openings. The right front is double-breasted, draped in pleats across the two braided front centres. Large collar seamed at the back so that ribs meet in V points. Two-piece sleeve. Black ribbed silk is used, braided with black silk braid. Jet buttons. Jabot and collarette of lace. Line coat with white silk, cut on coat pattern (cross drapery of right front is not lined) but seamed apart. 22-inch ottoman silk, 7 yards.

For description of No. 8246 see page 6.

Visiting Gown with the New Louis XV. Coat.

No. 8247, Long seven gore skirt of the finest **Page 7.** pale grey cashmere. Wear over a five-gore foundation skirt. Lovely coat in satin, ottoman or glacé silk to match. The fronts are open over a long waistcoat of white broché. The back is braided with fine grey silk braid. With the sides of back it forms voluminous pleats in the Georgian style. Front revers and sleeve panels are braided. Braided collar. The sleeve is in three pieces, the braided panel rising to the neck up the shoulder seam. Large braided cuff. 22-inch silk, 9 yards; 46-inch cashmere, 5 yards.

A Summer Coat and Skirt.

No. 8248, Elegant seven-gore skirt of light **Page 8.** shepherd's plaid, with lapped seams (laps, but not turnings, given in pattern). Line or wear over a foundation skirt. The edge is finished with a broad hem. Close in left tablier seam. Smart coat with two-piece front, the seam strapped (strap passing over shoulder on to the seam joining second side piece to back). There is a second short strap over shoulders. Little pocket slits in basque. Revers are very smart, faced (with fronts) with the coat material. Close with three buttons and buttonholes. Collar is faced with the material. Added slipstitched revers of black satin. Two-piece sleeve with stitched cuff. 48-inch material, 7 yards. This model has the new slightly full coat-sleeve.

A Serge or Chequered Coat and Skirt.

No. 8249, Pretty pleated five-gore skirt **Page 9.** (pleats wheelmarked on pattern). The pleats are tacked inside, almost to knees. The edge is hemmed. Wear over a seven-gore foundation skirt. Very smart coat. Two-piece single-breasted fronts, four sides, one back. Seams back and front are lapped, and are open, the opening decorated with false buttonholes of satin and satin buttons. Face fronts with the fabric, and close with buttons. Face revers with satin, and trim with false buttons and buttonholes. Round turn-over collar, closing with a hook and eye if necessary. Two-piece sleeve with satin-faced cuff. Coat is edged silk braid. For the serge, send to the Royal Serge and Blanket Warehouse, Teignmouth, Devon. 48-inch material, 7 yards.

An Original Linen Tailor-Made.

No. 8250, The skirt is our free cross-over **Page 9.** skirt made of linen (see page 27), but not embroidered. Lovely coat of the same linen. The short bodice part has two fronts (cut with revers), two sides, a back. The basque is added, and is cut in four breadths, the seams open and braided. Face revers with broderie Anglaise. The smart sleeve has a large cuff of broderie mounted on linen. Collar of broderie. Braid edges coat. 36-inch linen, 10 yards. Wear over any blouse. For the linen send to Robinson and Cleaver, 40B, Donegall Place, Belfast.

Lovely Evening Gown with Lace Stole.

No. 8251, Cut a silk princess lining to hip. **Page 10.** Veil top front and back with little draperies of chiffon. The princess dress is of pale rose pink satin, the shoulders draped with a lace fichu. Stole of jewelled lace, fringed. Fringe also edges the fichu, which is decorated with a key pattern in very narrow silk braid matching the satin. 44-inch satin, 8 yards.

The New Bridal or Court Train.

No. 8252, This is a most artistic model, **Page 11.** slung from the left shoulder and caught up on the right hip. Cords and tassels hang from the left shoulder, and a rich paste buckle catches up the right side. Of satin, lined with silk. To be worn over a draped princess dress of embroidered net over satin. 30-inch satin for train (three widths), 10 yards.

A Tucked Linen Shirt Blouse.

No. 8253, Two tucked fronts, a tucked back, **Page 12.** right front cut with central box pleat. Tucks and pleat are wheelmarked on pattern. Narrow collar band to hold the detachable collar. Shirt sleeve with lined linen cuff.

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Close with buttonholes made in centre box pleat and upper edge of cuff. Pearl buttons. 36-inch linen, 3¾ yards.

A Tucked Lawn or Muslin Blouse.

No. 8254, Page 12. Cut back and two fronts from lawn, tucked before cutting. A box pleat, decorated with beading, covers seams down each front, and finishes right front. Two box-pleats at back. Shirt sleeves of the plain lawn. Collar and cuffs of tucked lawn trimmed with beading. 36-inch material, 5 yards.

A Smart Blouse of Silk Muslin.

No. 8255, Page 12. Long yoke (front and two backs) are cut from the material after tucking. Front and two backs join yoke beneath a band of lace (cut away muslin beneath lace). Cut collar and long sleeve from material after tucking it. Very graceful sleeve of the plain material, clasped with jewelled buttons. Good model for satin, crêpe de chine, &c. 44-inch material, 3 yards.

One of the New Lingerie Gowns.

No. 8256, Page 12. Pretty model for muslin, print, or very fine white linen. Six-gore skirt, with lines of lace, broderie Anglaise, or darker linen running up the seams. Pretty blouse with pleated front, decorated with lace. Sleeves are cut from the tucked material, decorated with lace. The material is cut away beneath lace. 36-inch material, 12 yards. Bodice, belt and skirt are stitched together to form a princess dress, which closes at the back.

Boy's Linen Tunic.

No. 8257, Page 15. Of the new tan-brown linen, double-breasted, closing on left. Large white linen collar. One-piece sleeve with white cuff. Close with buttons. White leather belt. Face fronts with the brown linen. 36-inch linen for a child of three, 2 yards.

Girl's Smart Cashmere Frock.

No. 8258, Page 15. Cut for a girl of nine. A full skirt, tucked to flat pattern. This is mounted on a three-piece bodice lining, veiled with finely tucked white Jap silk and lace, and with pleated cashmere kimona. Cashmere sleeve pleated like the kimona, finished with tucked and lace-striped lower sleeve. 46-inch cashmere, 3½ yards. For the cashmere, in all new shades, send to Hartley & Co., c30, Stanningley Road, Leeds.

Girl's Pleated Over-dress.

No. 8259, Page 15. Cut for a girl of eleven. Corselet skirt, pleated but with plain front panel (pleats wheelmarked on pattern). This is supported by novel brace, stiffened, closing at back. Brace is stitched to skirt. Wear over any blouse. Good model for cashmere, serge, linen, &c., 48-in. material, 3-yds.

Little Girl's Coat and Skirt.

No. 8260, Page 15. A pleated skirt and a smart pleated coat, pleats of coat stitched down half-way and decorated with braid and buttons. Two-piece coat sleeve. Lace collar. Pretty model for serge. 44-inch serge for a girl of six, 3 yards.

A Serge or Linen Over-Dress.

No. 8261, Page 15. Closes down back, prettily pleated (pleats wheelmarked on front and two backs). Low neck finished with braiding. Wear over any blouse. 46-inch cashmere for a girl of eight, 2½ yards.

Boy's American Shirt and Knickers.

No. 8262, Page 15. Two-piece knickers of serge, closing in front over a fly-lap. Blouse of striped linen—a back and two fronts. Box-pleat down back. Front box-pleat is cut with left front. One-piece sleeve with cuff band. Collar of lawn or of the linen. For a boy of five years, 36-inch linen, 2 yards.

Cashmere Skirt and Tucked One-piece Satin Blouse.

No. 8263, Page 16. Beautiful, trained 7-gore skirt of fine cashmere. Wear over a silk foundation skirt. Lovely one-piece blouse of white double-width satin. Tuck the material and cut in one-piece from flat pattern. Where material is not wide enough, join under a tuck. Blouse closes at back. Lace yoke and collar. Stole of Oriental embroidery, fringed, passing through the belt of embroidered black velvet. Jet beads trim front and neck. 46-inch cashmere, 5 yards; 44-inch satin, 3 yards. See that tucks turn right and left from front centre, joined by a tucked band representing a box-pleat (each half the width of a tuck).

The Stole Over-dress.

No. 8264, Page 17. To renovate or refresh a satin, silk, or velvet gown. Can be worn over evening or day (indoor only) dress. The stole is of net, lined with chiffon, edged with a band of velvet. Handsome lace insertion is laid on the net, the edge lapping on the velvet. Interline velvet hem with lino. Weight corners with large tassels. Beautiful and useful model. 36-inch net, 4 yards. The sides are held together with cord loops and tassels. The under-dress illustrated is a lovely draped princess gown of oyster white satin (lined to hip), the satin at slightly high waist draped a little on lining. The draped satin sleeve is a very pretty one. 44-inch satin, 9 yards.

A Beautiful Tea Gown.

No. 8265, Page 18. For drap souple or cashmere of rich quality. The skirt does not fit too closely. The only shaped seams (except a few darts if necessary) are up each side, concealed with rows of buttons. There is no seam at back. Shaped pieces of broché are inserted in side seams. Wear over a silk fitted foundation skirt. Dress closes on left side of blouse front panel and left seam of skirt. The blouse has a panel back and front of the broché, mounted on a silk fitted lining, stitched to foundation skirt. Into armhole mount tight broché sleeve. Two-piece kimona of the skirt material, decorated with straps of broché, metal buttons, and hems of velvet. Waist band finishes with long ends of velvet ribbon passed through a buckle. 52-inch cloth, 6½ yards.

A Draped Princess Evening Gown.

No. 8266, Page 19. Cut a nine-piece rather high-waisted princess dress to hip in white silk, to close at back. A pleating of chiffon covers the top, back and front, headed with transparent jewelled lace (pearls). On this foundation is draped a princess gown of white satin in five

No. 8299.—Matron's Summer Coat-and-Skirt.
For Description see Pages 33 *to* 36.
Price of Paper Pattern, Coat, 9½*d.; Skirt,* 6½*d., post free, of* Madame Myra, 10 *and* 11, *Fetter Lane, E.C.*

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gores, gracefully draped up in front. Pearls decorate the satin. Fit and stitch lining with care. Hem the skirt, the hem interlined with lino, to prevent any tendency to "roll-up." The pretty sleeve is made of tucked white chiffon decorated with lace. 44-inch satin, 8 yards.

Smart Summer Millinery.

Nos. 8267 to 8269, **Page 20.** No. 8267 is a new-shape hat of fancy mauve straw decorated with pale pink roses and a bow of mauve satin. No. 8268 is of fancy green rush, decorated with white roses, green leaves, and jet *cabochons*. No. 8269 is a wire frame veiled with mauve silk, on which white lace is draped. Wreath of small pink roses or ruche of mauve ribbon. Cockade of alternate ruches—mauve and white.

Linen or Flannel Coat-and-Skirt.

No. 8270, **Page 21.** Six-gore skirt with lapped seams, the front breadths forming each a small stitched down pleat. Laps are given but not turnings. Pleat is wheelmarked. Smart sacque with two-piece front, two sides, one back. Front and back seams are lapped. Face fronts with the material, and close with a single button and buttonhole. Face reefer collar with the material. Coat is unlined, seams bound for neatness. Decorate with pearl buttons. 29-36-inch linen, 10 yards. For the linen send to Hartley's, The Yorkshire Warehouse, c30, Stanningley Road, Leeds.

A Coat-and-Skirt of Striped Flannel.

No. 8271, **Page 21.** Seven-gore skirt of striped flannel, front with lapped seams (lap, but not turning, given in pattern). See that stripes run straight down centre of breadth, joining at seams in V points. Line with batiste. Smart coat with two-piece front, with lapped seams front and back (laps given in pattern). Face fronts with plain flannel matching the paler stripe. Waistcoat of the pale material edged with braid. Collar can be of velvet or linen, matching darker stripe. Two-piece coat sleeve. Buttons decorate fronts. Buttons with tassels decorate collar. Collar and cuff could be tacked in place for the convenience of cleaning if pale colours are chosen. Pretty pockets with buttoned flap. 36-inch flannel, 13 yards. Looks well in striped alpacca or tweed.

Lovely Linen Gown with Broderie Coat.

No. 8272, **Page 22.** Five-gore linen skirt, rather high-waisted, simply hemmed at the edge. The blouse is charming—a back and two fronts stitched in points on a broderie shoulder-strap. Fronts and centre edged broderie, which passes round neck. Edge broderie with hems of linen. Sleeve is of the broderie with linen over-sleeve stitched in points on the broderie. Round pearl buttons decorate the meeting points. Added wrist-piece of the linen. Detachable chemisette of tucked linen (tucked to flat pattern). Lovely coat cut out of the broderie. The back of basques is circular, joined on to skirt back and long fronts beneath a band of linen. (The artist has drawn back view of waist a trifle *too low*.) Hem fronts and basques with linen. A band of linen edges armhole of one-piece sleeve. Face sleeve revers with the linen. The linen bands (broad) are effectively dotted with pearl buttons. 36-inch linen, 10 yards. 22-inch broderie, 8 yards. For the linen send to Robinson and Cleaver's, 40R, Donegall Place, Belfast.

A Tucked Satin Shirt.

No. 8273, **Page 23.** Tuck the satin and cut back, sleeves, and two fronts from tucked material. Lace shoulder yoke and front band (cut away satin beneath) decorated with a little lace frill. Lace collar band. 44-inch satin, 3 yards.

A Lace and Muslin Blouse.

No. 8274, **Page 23.** Full front and two backs mounted into a lace one-piece yoke. Strap shoulders with lace insertion, which is tipped with tassels. Lace collar. Ruffled muslin sleeve. Draw up on a thread, and on the wearer pin the lace in place. When the lace is secured on sleeves and shoulders, cut away the muslin beneath. 45-inch muslin, 2½ yards.

A Tucked Shantung Shirt.

No. 8275, **Page 23.** Thirty-six inch white Shantung is used. Back and fronts are very smartly tucked (tucks wheelmarked on pattern), the tucks being hemstitched (holes for hemstitching being made with a large needle). Box-pleat is cut with right front. One-piece sleeve. Collar and cuff are tucked to flat patterns. Blouse closes with pearl buttons, the buttonholes made in an underfold of box-pleat. 31-36-inch material required, 3¾ yards.

A Pretty Dress Bodice.

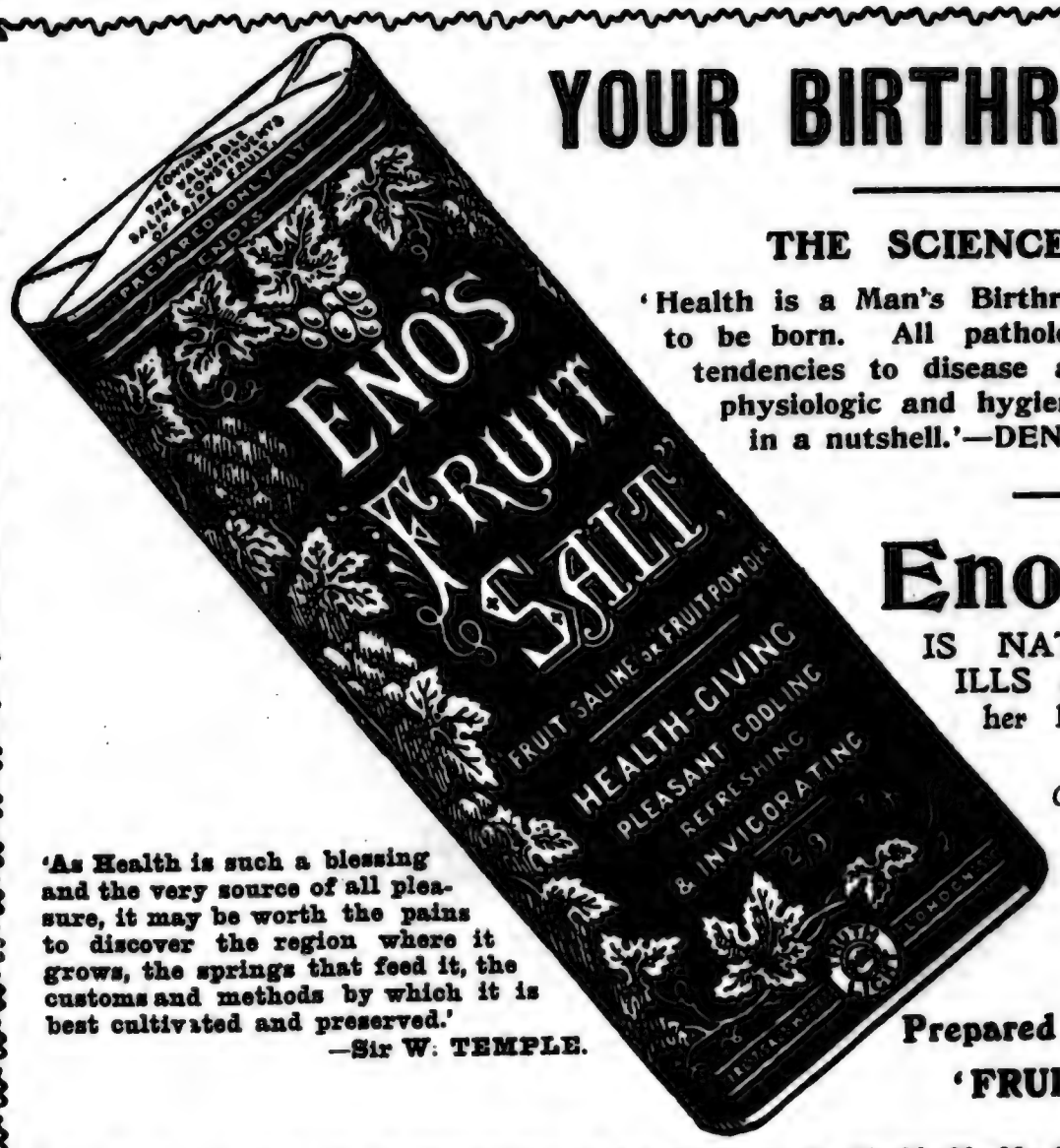
No. 8276, **Page 23.** Good model for the new silky cashmere or fine linen. Cut a bodice lining—three-piece front, four sides, two backs, to close on left. Tack, fit. On it mount rich lace, forming a plastron back and front. Band collar of the lace. Over this mount the back and two fronts of cashmere, tucked on shoulder (tucks wheelmarked on pattern) piped with satin and closing with satin buttons. Draped belt of satin. Elegant sleeve of cashmere, pleated (pleats wheelmarked) on a smaller lining. Double-width material, 2½ yards.

Dainty Zephyr Frock.

No. 8277, **Page 24.** A five-gore skirt decorated with broderie Anglaise. Very pretty blouse. A back and two crossed fronts of zephyr, fronts crossing over a vest of broderie. Scalloped collar of the broderie, edged with a frill (matching zephyr or the white broderie). Band collar of the broderie. Gigot sleeve, scalloped and edged with a frill. 36-inch zephyr, 12 yards. For the zephyr, send to Hartley and Co.'s, The Yorkshire Warehouse, c30, Stanningley Road, Leeds.

Linen Frock with Embroidered Blouse.

No. 8278, **Page 24.** Five-gore skirt, with stitched hem. (36-in. linen, 9 yds.) Smart blouse. Full size transfers of the embroidery—complete front (sprays dipping over the shoulders to the back) and two sleeves (can be had from Madame Myra, price 6½d., post free). It is advisable to cut away the paper at the neck in the centre of the front transfer, as this enables the embroiderer to manipulate the design, and



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place it to the best advantage on the shoulders to suit her figure after the blouse is tacked, fitted, stitched and pressed. The transfer should be tacked on the material, and the embroidery be worked *over* it, the paper being torn away when the work is completed. The pattern is in four pieces: half the front, the right back (cut with central box-pleat), one sleeve, half the collar. Lay the pattern on 2½ yards 36-inch linen. The material is opened out and is double beneath back and sleeve pattern, so that each is cut in duplicate. The single material is folded over (selvedges meeting), the front centre laid along the fold. The collar is cut in one piece in single material. Leave plenty of space for it as the linen is tucked to the flat pattern. Left back of the blouse, of course, is cut without box-pleat—only a good turning for a hem to hold the worked loops. The hooks are sewn beneath the centre of the small box-pleat. The collar is unlined, and should be boned. A frill of lace decks the top. Collar hooks at back. Lower edge of blouse is simply hemmed. The sleeve is tacked and fitted. Then it is untacked and is embroidered. The wrist is scalloped and is finished with a lace frill laid beneath the scallops. The sleeve is pinned in place on the wearer, and is stitched in, the seam bound for neatness. For the linen, send to Robinson and Cleaver, 40B, Donegal Place, Belfast.

Coat and Skirt of White Linen or Serge.

No. 8279, **Page 24.** Skirt is our free pattern, with the cross-over (from centre notch to corner at foot) cut away (see page 26). The coat is of the linen or serge matching the skirt, and similarly trimmed. Coat has two fronts, four sides, a one-piece back. Seams (four) are open and braided like rest of edge. Fronts are faced with the material, and close with two buttons and buttonholes. Two-piece sleeve. Linen would be unlined, seams felled. Serge would bear a thin silk lining. 48-inch serge for coat and skirt, 7 yards.

Princess Over-Dress for Linen or Bordered Materials.

No. 8280, **Page 25.** Looks beautiful in bordered fabrics, border stripped off and used to edge skirt and neck. The princess dress has a back, four sides, a wide double-breasted front, closing on left. The border edges skirt and rises up side on left. The material is prettily draped where the belt (of the border) ends on the double front. Lace medallion decorates front. Looks very well in linen and tucked muslin, trimmed washing galon and Yak lace. Wear over any tucked muslin blouse. Double-width bordered material, 7 yards.

Pretty Gown of French Muslin.

No. 8281, **Page 25.** Looks well in mousseline de laine. New gown of princess type called "Blousuit" in the shops. Skirt and bodice are stitched together to form a princess dress. To be worn over a princess under-dress (see April Number, No. 8219). Skirt in five-gores, slightly full. Bodice is a front and two backs. Lace decorates the bodice and forms a yoke, and edges bell sleeve. Cut away the muslin beneath the lace. Under-sleeve cut out of tucked plain muslin. Tuck collar and yoke to flat pattern. Double width flowered muslin, 6 yards.

Lovely Gown for Crepe de Chine, Muslin, &c.

No. 8282, **Page 25.** Makes up beautifully in bordered materials, the border stripped off and sewn all round the skirt and up the crossed front. The skirt has a double tablier, and is unlined. The edge can be hemstitched (holes for the hemstitching made with a large needle). The blouse is a very pretty one, tucked back and front (tucks wheelmarked on pattern). The neck is cut low, edged with border which continues down the left side. Blouse closes on left. Lace vest and collar. The sleeve is of tucked muslin, cut from tucked material. 36-inch muslin, 14 yards.

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A Flannel or Linen Dressing Gown.

No. 8283, **Page 28.** This very pretty model has the fronts, lying stole-fashion, on the side and front breadths, the edges scalloped and worked. A little light embroidery decorates the shoulders and the lower corners of fronts. Pretty bell sleeve, scalloped and embroidered. 36-inch linen, 12 yards.

New Long Sleeves.

Nos. 8284 and 8285, 8287, and 8288, **Page 30.** No. 8284 is folded on a lining, the cuff braided. A very good model for a dress bodice. No. 8285 is a good blouse sleeve, tucked to flat pattern and decorated with lace and small bows. No. 8287 is a nice coat sleeve (for dress bodice) with shaped velvet or satin cuff and buttons to match. The outline of the velvet or satin is followed with two rows of very narrow braid. No. 8288 is a three-piece sleeve with lapped seam (lap is scalloped and decorated with buttons).

A Striped Print or Alpaca Frock.

No. 8286, **Page 30.** Skirt cut in two gores, seamed back and front, stripes on cross. Join up breadths to supply sufficient width, making stripes meet nicely. Two backs and two fronts of print cut in one—back on straight, fronts on cross, tucked on shoulder (tucks wheelmarked). Close at back. Vest of tucked muslin and lace (tuck material before cutting). Vest, fronts, and skirt are all stitched together, a band of linen, matching darker stripe, being stitched on high waist seam for a belt. A band of beading hides front seam of skirt. 30-inch material, 10 yards. For patterns, send to John Cordeux and Sons, 4, Clifton, Bristol.

A Braided Linen or Serge Coat and Skirt.

No. 8289, **Page 30.** Five-gore skirt of tan-brown linen decorated with narrow white washing braid. Smart saque coat, crossed fronts, closing with a single button and buttonhole (made in right linen front facing). Seams are open at side and back seams. Edge all round is braided. 36-inch linen, 12 yards. For the linen, send to Robinson and Cleaver, 40B, Donegall Place, Belfast.

A Zephyr or Cashmere Frock.

No. 8290, **Page 30.** Of blue zephyr, decorated with bands of striped blue-and-white linen. Slightly full skirt and smart over-blouse of the zephyr, closing on left side. Hook together over-blouse and skirt. Wear over any lace or muslin blouse. 29-inch zephyr, 10 yards. For cashmere, use striped Cordeux silk to trim.

For Description of Nos. 8291 to 8298, see page 6.

Matron's Coat and Skirt.

No. 8299, **Page 34.** Very nice model for summer serge or the new tan-brown linen. Seven-gore skirt. Smart coat with lapped seams front and back. Face fronts with the linen. For linen, rest of coat is unlined; for serge, tweed, &c., line with white silk. Collar of black satin. Decorate with black cord false buttonholes and black buttons. 48-inch serge, 9 yards.

Girl's Frock of Striped Zephyr.

No. 8300. **Page 40.** Five-gore skirt, stripes running straight down breadth centres. Front is of the plain material, and a wide skirt band is of the same. Edge tablier and band with beading or washing braid. Pleated shirt-blouse (pleats wheelmarked on front and back patterns). Band of the plain material in front. Shirt sleeve. Collar and cuffs of the plain fabric, edged washing braid. 29-inch zephyr, striped, 8 yards.

Girl's Pretty Muslin Frock.

No. 8301, **Page 40.** Tucked skirt (tucks wheelmarked) with full flounce, tucked to flat pattern. Decorate with lace. Pretty blouse. Yoke (muslin tucked before cutting). A tucked front and two tucked backs (tucks wheelmarked on pattern). Full sleeve with deep cuff or lower sleeve tucked before cutting. Decorate with valenciennes lace. 36-inch muslin, 10 yards.

Girl's Linen Frock.

No. 8302, **Page 40.** A five-gore skirt with hem stitched or decorated with washing braid. Pretty blouse, open at neck, to wear over any chemisette. A front and two backs, closing at back. Two-piece sleeve. Decorate with braid. 36-inch linen, 8 yards.

Embroidered Night-Dress.

No. 8098, **Page 44.** Of silk veiling, batiste, nainsook, &c. Bodice part is cut with skirt, drawn up with ribbon-threaded beading. Top is gathered into a one-piece yoke, embroidered with three sprays (back and two fronts) in satin stitch. Slots are cut in yoke and worked to hold the satin ribbon. This low-necked yoke is filled in with a second yoke made up to flat pattern with lace and tucked silk (tucked to flat pattern). Fasten down front, buttonholes made in an underfold of yoke and gown. One-piece sleeve gathered into ribbon-threaded beading, finished with a lace-trimmed frill. 36-inch nainsook, 7½ yards.

Embroidered Under-dress.

No. 8099, **Page 44.** To match No. 8098. These under-dresses are princess cut, bodice and skirt in one, though often the high waist is slightly drawn in with a ribbon-threaded beading. Made of silk, lawn, or nainsook. Two fronts, two sides, two backs. Edge is finished with a soft cross-cut frill. Decorate with valenciennes insertion and edging. Top is arranged into an embroidered yoke like No. 8098. 36-inch nainsook, 10 yards.

Well-Cut Pants.

No. 8100, **Page 44.** These are smoothly fitted with four darts as well as the four curved seams (back, front, sides). The back has a rounded flap which buttons on the left. Legs close with buttons and buttonholes (three) on knees. Made of black satin, serge, zephyr, &c., according to use required. 22-inch satin, 4 yards.

Embroidered Divided Skirt.

No. 8101, **Page 44.** To be made of silk, satin, nainsook, &c., to wear over the hygienic combination. To match Nos. 8098 and 8099. Bodice part has an embroidered yoke, and is trimmed like No. 8098. Finish the divided edge with a soft lace-trimmed frill. 42-inch material, 5 yards.

Embroidered Evening Chemise.

No. 8102, **Page 44.** To match Nos. 8098, 8099, and 8101. Nainsook can be used—or good quality silk, 42 inches wide. Wide washing silk is an excellent material. There is no opening, the yoke, so as not to spoil it, being seamed at back and slipped over the head. A front opening can be made like Nos. 8098, &c. The pattern is in three pieces: half the front, half the back, half the yoke. Lay the pattern pieces on 3¼ yards of 42-inch material, which is folded over (selvedges meeting), front centres of yoke and front and back centre of back patterns laid along fold—so that each is cut in one entire piece. The chemise reaches the knee, and can be hemstitched, or can be lengthened with a lace-trimmed flounce. For the hem-stitching make the holes with a large needle. The yoke is not lined. The back seam is sewn, and the back and front embroidered. Valenciennes lace edges the top and lower edges, whipped to the yoke. Slots are cut on the upper edge and worked, to be drawn up with satin ribbon. The back and front of chemise are seamed together (run-and-fell-seams), the top is whipped and gathered into the yoke, the valenciennes lace covering the junction.

Embroidered Cache-Corset or Under-Slip

No. 8103, **Page 44.** Of silk, muslin, or nainsook. To match Nos. 8098, 8099, 8101, and 8102. A back and two fronts, arranged into an embroidered yoke, trimmed with valenciennes insertion back and front. Decorate with ribbon-threaded beading. Edge neck and armhole with valenciennes. 36-42-inch material, ¾ yard. The same transfer of embroidery for yoke (back and two front sprays) is used throughout.

A CHAT ABOUT HOOKS AND EYES.

How did ladies fasten their dresses when there were no hooks and eyes? The hook and eye is a simple contrivance, known to every child, and made so familiar by everyday use that its wearer never stops to enquire about its origin, or to go back to the time when it had no existence.

The ancient method of fastening dresses was by means of pins, brooches, buckles, and tie-strings. The modern safety-pin, for instance, is really the ancient Etruscan fibula, in slightly modified form. The Greek toga was held in place by two brooches, and the old English costume bodice was sometimes laced or tied together. Later on buttons came into use, and have been found on costumes of the sixteenth century.

Under the name of crochet and loop, the hook and eye form of fastening was in use as early as the fourteenth century. Hooks and eyes, as we know them, evidently came into fashion, or were revived, in the reign of King George III., and began to oust their first cousin, the button, from its popularity, for a curious "Ode to the King," published in 1784, jests at King George's hobby of turning buttons of mother o' pearl and other substance with a lathe in the following amusing manner:

> In vain unnatural hooks and eyes
> Combined in foul rebellion rise,
> And strive to eclipse thy glories.
> Through many ages still unborn,
> The well-turned button shall be worn,
> The pride of future glories.
> Then shall my lofty numbers tell,
> Who taught the royal babes to spell,
> And sovereign's arts pursue
> To mend a watch or set a clock,
> New patterns shape for Harvey's frock
> Of buttons made at Kew.

The "unnatural hooks and eyes," however, seem to have gained so much in favour that after a time an attempt was made to introduce them on men's garments. "Within my recollection," says a writer in "Notes and Queries," 1860, "an attempt has been made to substitute hooks and eyes for buttons on the male dress, but to no purpose. As to how the ladies managed before hooks and eyes were invented I leave to the initiated in such matters to determine."

In 1853, hooks and eyes were being made by machinery in Birmingham, each machine turning out 4,000 hooks an hour, and their manufacture was considered so curious and interesting that it was minutely described by a writer in one of the magazines.

In 1554, a branch of the strict Monnonites broke off from the general body, and were called "Hook and Eyers," because they employed hooks and eyes instead of buttons in their dress. The Monnonites are the followers of Monno of Holland, who was the founder of the reformed Anabaptist school, after the death of John of Leyden. Many of their tenets resemble those of the quakers. They are divided into Mild and Strict Monnonites, and the Hook and Eyers were probably the mild ones, who were not averse to reforms in dress which were held to be unseemly by their more strict brethren.

In 1626, in an old play, called "Dick of Devon," the following passage occurs: "Now, the word is, 'Come, hooke me . . . the needle lance knights . . . put so many hookes and eyes to every hose and doublet.'"

In 1679, Aubrey has the following reference to them in his "Lives": "Then their breeches were fastened to the doublets with points; then came in hookes and eies."

In 1812-16, J. Smith mentions in his "Panorama": "The ends were united by a small hook and eye."

In 1862, Charles Reade says in his "Hard Cash": "My lady did not care a hook and eye about it."

It is a far cry from the ancient fibula to the modest little hook and eye of to-day; but having traced the descent of the one from the other, we are bound to confess that though less elaborate, the latter is more adaptable and conducive to comfort. The success of the modern blouse or bodice depends very much upon its secure and neat fastenings, and to achieve this, it is important to have hooks and eyes that will remain invisible, and not be likely to tear the garment during the wearer's efforts to unfasten it quickly.

There are hooks and eyes and hooks and eyes, and so many worthless ones are put on the market that the dressmaker is often tempted to go without them altogether, and go back to the fag of making loops once more, instead of using the clumsy and ill-shaped eyes which ironmould in the wash, and spoil the material.

It is well to be certain beforehand of what one is buying, and to ask especially for Newey's Imperial Spring Hooks and Eyes, for they have none of these faults, and prove most satisfactory for every material.

They are supplied in various sizes, from tiny lace hooks, so useful for pretty light blouses, to the big hooks that fasten the cloak or waistband.

They neither mould nor rust, and are made with an ingenious spring in the centre, so they never accidentally come undone. Newey's hooks, in addition to their many virtues, are sold at the popular price of one penny and twopence per card—black and white, in six different sizes—so they are not an expensive luxury. Few women, perhaps, ever pause to think how these simple little devices are made, and under what conditions.

Not long ago, before a Select Committee of the House of Commons, Mr. J. G. Newey, of Birmingham, informed the chairman, Sir Thomas Whittaker, that all hooks and eyes bearing his name were now carded by machinery, and that young girls operating these machines were able to earn good wages on an eight hours' day system. Here, at least, is no sweated labour.

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comfort, attractiveness, and youthful appearance, by taking one or two of Dr. RITTER'S small tasteless Capsules, with meals (made from a specially purified, Concentrated Extract of Fucus-Vesiculosus and Marienbad Salts, neither relaxing nor constipating). Price **2/6** per bottle, or 5 for **10/6**, post free.

Mistress Anne Page says: "The quickest and safest Fat Reducer I know."

SPECIAL.—To make the bust firm and reduce size and flaccidity, apply Dr. Horn's "**Pasta Reducer,**" guaranteed harmless, price **5/-**, post free.

Dame Deborah Primrose, in *Woman*, says: "I can confidently recommend this to you from personal knowledge of its efficiency and harmlessness."—Medical and Press opinions on application.

Above can only be obtained from—
Dr. O. E. HORN, D.Sc., 4, Bryanston Road, Talbot Park, Bournemouth.
(Specialist for Hair and Skin disorders, from the Berlin Skin Hospital.)

Health and Beauty.

By MISTRESS ANNE PAGE

All Letters to be addressed to Mistress Anne Page, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Baby Bunting.—There is a delightful face cream for day and evening use called Mason's Jansia Emulsine, and sent for 2s. 6d. a bottle, post free, by Mr. Mason, 25, Bank Plain, Norwich, that does not contain the least particle of grease or oil, yet that makes the dryest skin soft and beautiful. If you apply it before you go out to business in the morning, it will keep your face cool and your complexion fresh and lovely all day, while if you use it in the evenings when you have one of those entertainments on, when you sing at a concert, or go to a dance, it will so improve the appearance of your face, neck, and arms that you will look charming, yet not in the least as if you had put anything on your skin. This is what I recommend you to get, and the more you use it the lovelier will your complexion become. There is nothing in Jansia Emulsine that can possibly induce a growth of superfluous hair.

Janie's Mother.—Your daughter's listlessness, accompanied as it is with her poor appetite and very great pallor of skin and lips, point to anæmia. Let her be out in the fresh air as much as possible; do not bother her with any work that seems to tire her easily; let her have a plain but very nourishing diet, and add Plasmon Powder (9d. per packet of all chemists) to all milk and soft foods that she takes, to increase their nutritive value as well as to aid her enfeebled digestion; be sure that she never hurries up hills, or upstairs; and, lastly, give her Dr. Hommel's Hæmatogen (sold by all first-class chemists) twice a day, about a tablespoonful in an equal quantity of cold water, just before her dinner and supper. She will then gradually but surely pick up her strength, and at the same time her complexion and lips will recover their bright, natural colour.

Lenore.—Until your scalp and hair-roots are cured of an ailment that has evidently been troubling them for some time, your hair will remain lanky and greasy and difficult to dress. The best thing you can do will be to get from Mr. Mason, 25, Bank Plain, Norwich, a 4s. 6d. case of his Parma Preparations, and if you use these according to the directions on the bottles you hair will soon become clean of the grease, and it will be so light and pretty and fluffy, and seem to be twice as thick as it looks now. The scalp will be cured of its oily seborrhœa, the hair will cease to fall out, and greyness will be arrested. Do not wash your hair with soap and water while pursuing this treatment, as these lotions will do all that is necessary in the way of cleansing.

Lucille.—(1) To remove the evil effects of the very hard water you have been obliged to use for your face, get a bottle of Marguerite Satin Skin from Madame Marguerite, 11, High Street, Fulham, London, S.W., who will send it to you post free for 1s. 9d., and use this as directed on the label. You will find it an excellent plan in the future to add a few drops of this unique preparation to your toilet water always, as it will not only take all the hardness out out of it, but it will render it most pleasant and invigorating. (2) For softening and whitening your hands you should use the above Mme. Marguerite's celebrated Skin Balm, which costs 2s. 6d. per bottle.

Trixie.—From your description of yourself, your husband, and your little boy I should say there can be no doubt about it that you are all suffering from anæmia, and I am sure that Dr. Hommel's Hæmatogen will be very beneficial to you all. I should like you to send 2s. 9d. for a sample bottle to Messrs. Nicolay and Company, 36 and 36A, Doctors' Commons, London, E.C., say you are a reader of Myra's Journal, and ask them to send you the green paper containing some of the medical opinions that have been given on this great remedy for anæmia and weakness of the kind you describe. You and your husband should take a tablespoonful twice a day, before your two principal meals, and the little son should have a teaspoonful in slightly warmed milk twice a day, too.

Trixie (Second Coupon).—In addition to taking Dr. Hommel's Hæmatogen to enrich your blood, and make up to it for its present deficit in iron and in red corpuscles, you should pay great attention to home hygiene; for example, all insanitary conditions must as far as possible be removed, and one of the first things to see to will be the proper ventilation of the sitting-rooms and bedrooms, all of which should be daily flushed with fresh air several times by having doors and windows opened simultaneously. This also should be done in the sleeping-rooms, but here the top sash of each window should be left open at least two inches all night, and care must be taken to see to it that the "register" of the fireplace in each bedroom is open into the chimney. This will enable you to sleep more restfully and healthfully, especially if you give up that late supper and take a lighter meal of Robinson's Groats, or something of that kind. If your husband's occupation prevents his getting plenty of fresh air during the day, he should counteract the evil effects of this by taking regular, but not tiring, walks, or bicycle rides, and by indulging in such outdoor sports as are possible after his business hours. You should all spend as much time as possible in the fresh air, because this is most beneficial. Heated rooms, late hours, and any irregular habits are to be strictly avoided; you should each have a daily bath in tepid water made invigorating by the addition of a little Sanitas Sea-Water Fluid (1s. a bottle at chemists'), and after the bath brisk friction should follow, always in the direction of the heart from the extremities. Simple but nourishing food at regular meal-times, a fair amount of red meat and green vegetables, properly made beef tea instead of ordinary soups, very little, if any, pastry, and never boiled puddings of any sort; Schweitzer's Cocoatina instead of tea, because so much more digestible and nourishing, or hot milk just flavoured with a little tea, or, better still, with Bovril, will help in the cure of your three anæmic ones, and while you should all have as much sleep as possible, the little boy should be taught to sleep during some part of the day time, as well as his full time at night. I hope you will carry out all these suggestions, and let me have a good report of you all in due time.

Trixie (Third Coupon).—That small, white, soft, wormy kind of thing that you squeeze out of various parts of your face is what is commonly called a blackhead, and it has been choking the glandular structure of your skin and swelling in this until it has distended your pore, and this is what makes it look like a big hole. As there are many of these, this is the reason why your skin looks so much coarser than it ought to be. As soon as the anæmic condition is ameliorated by the course of Dr. Hommel's Hæmatogen, &c., you should take a course of Turkish baths, as these would empty the pores of these unhealthy obstructions, and make your complexion clear and fine. But for the present this method is one to which I do not think it would be wise for you to resort, and the following is one that will, if you persevere with it for a reasonable time, rid you of all the blackheads, and make your pores act normally, so that your skin will regain its clearness, fineness, and good colour: Every night wash your face in hot, soft water, or water softened with borax, and instead of a sponge or toilet glove use Dr. Harlan's Beauty Complexion Massage Brush (4s. 6d., from The M—Highwater Hygienic Institute, 1-118, Exchange Buildings, Southwark, London) freely; rinse, dry, and then rub well into all the skin where you see the blackheads some of the Cream of Sulphur that is sold for 2s. 9d. by Mr. Mason, 25, Bank Plain, Norwich, and is so good a remedy for skin ailments. Let as much of this as possible remain in contact with the skin all night. In the morning wash in warm, soft water, using the Beauty Brush as before, rinse in cold water, dry, and then use Dr. Harlan's Beauty Cup (2s. 1d. from the above Hygienic Institute) for a few minutes. By the time you have done your hair your complexion will look charming.

Irish Shamrock.—(1) Tweezers for getting out superfluous hairs are sold for 1s. 3d. by Mr. Mason, 25, Bank Plain, Norwich. (2) If the hairs are dark you can make them practically invisible by painting them at frequent intervals with the above Mr. Mason's Oxil Bleach (1s. 3d., with proper brush), and this will tend to weaken the growth. (3) Depillos, of which you can get all particulars from Manageress, Taylor and Co. (Dept. 26), 149, Fleet Street, London, E.C., with a sample of the preparation, if you forward her two penny stamps, will successfully remove the hairs without injuring your skin.

Rachel.—Beetham's Larola Rose Bloom (1s. and 1s. 6d. per box, post free, from M. Beetham and Son, Chemists, Cheltenham) is what you want to give your cheeks just that little suggestion of perfectly natural colour. It is quite harmless, and if you use it as directed on the label it is undetectable even in the strongest daylight, while it makes the complexion look lovely at night in a ballroom, or place of entertainment.

Mellicent.—To restore roundness and beauty to your neck, and to fill up the hollow that is called a "salt-cellar," wash the skin every night with hot water and a good soap, dry, and then spread over it some of that nourishing skin cream, "Khala," which is sold for 2s. and 3s. 6d. per jar by all leading chemists', and at Harrod's, Whiteley's, and the Army and Navy Stores. Stroke the cream in with your fingers, putting the thumbs under the chin, and drawing fingers from nape of neck towards them several times. Then rub in some more Khala with light, circular movements of the fleshy part of your finger tips and lastly pick up between your finger and thumb as much of the muscular tissue as you can get at from the hollow salt-cellar, and let it drop again, doing this as rapidly as you can several times to wake up the muscles, and then stroke from front to back after taking a little more Khala on your finger-tips. Do this at night: do not wipe off the cream, but tie a folded handkerchief round your neck so as to keep it in contact with that brown, thin neck while you sleep, and hasten the improvement.

Bethgelert.—Eno's Fruit Salt is a well-known blood-purifier, and is sold by all chemists'. You cannot do better than take this as a spring medicine, though it is such a pleasant beverage when effervescing in water that it does not suggest "medicine" at all.

"Your journal is indeed a great help to me. . . . I have to rely on a good book."—Miss D. B. (Newcastle-on-Tyne).

HEALTH AND PERSONAL ATTENTION.—See Myra's Answers in "Myra's Journal."

Extract from POSTAL TOILET LIST.

[New and greatly enlarged edition, with chapters on the care of the hair and complexion, &c., and many new preparations, will be sent by return of post, on receipt of stamped address.] Also illustrated pamphlet on Face Massage and the Care of the Complexion, and Mr. Mason's New Book on the Hair, and his new Toilet Hints, may be had gratis.

PHILIP H. MASON, Pharmaceutical Chemist, 25, BANK PLAIN, NORWICH.

IMPORTANT NOTICE.—All Articles in this List admit of Postal Transit, and will be delivered free per post in Great Britain at the prices marked, secure from observation, and carefully packed, on receipt of P.O.

DEPOTS ABROAD.—India: The Agra Stores, Ltd., Agra. South Africa: Mr. F. H. Carman, c/o Mr. F. P. Hutchinson, Paarl, Cape Colony. New Zealand: Messrs. Walker and Co., Christchurch. From these Agents any of the Toilet Preparations may be obtained.

THE GARRISON HAIR DYE.—An absolutely harmless hair dye in one solution. Easy in application, rapid, cleanly, and almost infallibly certain in effect. This is the Hair Dye *par excellence* for those who prefer a dye in one solution. Black or Brown, 3s. 6d. per case.

EMULSINE OF CUCUMBERS.—Dr. Anna Kingsford's Formula. Thin, 3s. 6d. and 10s. 6d.; Thick, 3s. 6d. and 10s. 6d. These Emulsines resemble the Crême Froide in their general properties, but are prepared for those who prefer an emulsion to a cream. The Thick Emulsine is especially intended for the prevention of wrinkles, and is also highly recommended for winter use, while the Thin Emulsine is adapted for whitening the complexion, and for summer use.

"Against the crowsfeet use Mason's Thick Emulsine. With respect to wrinkles, I have said again and again that nothing removes them so satisfactorily as the Thick Emulsine. For flushing of the face and dryness of the skin use Mason's Thin Emulsine of Cucumbers. 'Cool as a cucumber,' is, as you know, a comparison that has become a proverb, and with good reason. Mr. Mason has prepared two excellent emulsions of cucumber, thick and thin, which I have not seen equalled. To these he has now added a Crême Froide aux Concombres. As the responsibility for these formulas rests, in a large measure, with myself, you may feel sure I should not recommend them unless I had complete confidence in their excellence."—Anna Kingsford, M.D.

JABORANDI HAIR TONIC.—Prepared from selected South American Jaborandi Leaves. Highly recommended by medical authority as a hitherto unapproachable stimulant to rapid growth of hair. Used not only to prevent the hair falling, but to stop advance of greyness and induce vigorous secretion of the natural colouring pigment. 3s. 6d., 10s. 6d.

PETROLATE OF SULPHUR.—For promoting the growth of the Hair, and for preventing greyness. A new compound, which not only promotes the growth of the Hair, but also largely increases the formation of its colouring pigment. Its use has the effect of nourishing the Hair and increasing its growth, and also of improving its colour, preventing the increase of greyness, and removing that already existing. Price 2s. 6d.

The effect of this, used in combination with the Jaborandi Tonic, has recently been found *most remarkably successful*. A lady writes, "To arrest the greyness I applied the Petrolate of Sulphur regularly every night, rubbing it well into roots of hair, while in the morning I applied the Jaborandi Hair Tonic with a soft toothbrush. I am most pleased to tell you that after one month of this treatment, all the greyness has gone, completely."

BLOOM OF STEPHANOTIS.—An exquisite creamy white skin and complexion powder. It imparts a beautiful natural whiteness and youthful softness and delicacy to the skin. The painful "flushing" of the face, brownness of the neck and arms, undue redness of the face and hands, are obviated by one application. For personal appearance at Court, the Ball, or Concert it is indispensable; it represses the unpleasantness of sensible perspiration and its disagreeable accompaniments. Travellers and residents in warm climates will find it invaluable. It so entirely prevents the discolouring action of the sun on the skin that freckles are almost unknown to those who use it. In polished apple wood case, with toilet puff, 3s. 6d.

"For my own part, I am in the habit of recommending Mr. Mason's Stephanotis Face Powder, because I trust him, and know that he is moderate in his charges and honest in quality."—Anna Kingsford, M.D.

DEPILATORY (POWDER).—Mr. Mason is continually asked by ladies for a Depilatory which will, in one application, not only remove existing superfluous hair, but prevent its reappearance. He wishes clearly to state that it is impossible to do this. All that can be done is to remove the hair, after which an occasional subsequent application on the surface of the skin will prevent it from attaining a visible growth. The above preparation will do this without injury to the skin. With directions, 2s. per bottle. "Mr. Mason's Depilatory is at once the cheapest and best I know of."—Anna Kingsford, M.D.

CREAM OF STEPHANOTIS.—An exquisite creamy white skin and complexion cosmetic: imparts youthful softness and delicacy, with a beautiful natural whiteness, to the skin. Composed of perfectly innocent ingredients, this Cream has a most beneficial action upon the skin. It obviates in one application brownness of the neck and arms, or undue redness of the face and hands. For personal appearance at Court, at Balls, or other crowded assemblies, it is indispensable, especially as it represses the unpleasantness of perspiration and its accompaniments. In warm climates it will be found invaluable. Also to prevent the appearance of that unpleasant redness or flushing of the face, which is so common an annoyance. So completely does it prevent the discolouring action of the sun on the skin that freckles are rarely, if ever, known to those who use it. It subdues the redness of the features caused by exertion, cooling the skin in a most delightful manner. 3s. 6d. per case.

SKIN FOOD.—For restoring wasted tissue and removing wrinkles. To this loss of tissue and muscular tone is due the falling away of the face and neck, loss of roundness, and formation of lines and wrinkles, but these conditions can be overcome by a steady use of the Skin Food. Its use also enables the skin to retain for many years the clear, smooth, velvety surface that is associated with youth. 2s. 9d. and 7s. 6d.

FOR OTHER HAIR DYES AND COLOUR RESTORERS SEE THE ENTIRE LIST.

YOU cannot have a good, clear complexion if your blood is impure. **Blotches, Spots, Pimples, Blackheads,** and **Sores** of all kinds can be removed by taking

CLARKE'S BLOOD MIXTURE

The World-Famed Blood Purifier.

This famous medicine will also cure all Skin and Blood Diseases, such as **Eczema, Scrofula, Scurvy, Ulcerated Sores,** &c. Thousands of unsolicited testimonials have been received from all parts.

As it is pleasant to the taste, and warranted free from anything injurious to the most delicate constitution of either sex, from infancy to old age, the Proprietors solicit sufferers to give it a trial to test its value. Clarke's Blood Mixture is sold by all Chemists throughout the world. Price 2s. 9d. and 11s. per bottle.

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W. LEES RAY, 10E Central Chambers, Liverpool.

2/- INSURES YOUR COMPLEXION

Dr. HARLAN'S
BEAUTY-CUP MASSAGE
For the Face, Neck, Arms and Body.

Hundreds of unsolicited testimonials.

"No woman who owns one of these wonderful little Cups need have any fear of wrinkles or blackheads."

The simplicity of this scientific system of self-applied massage, and the speed with which it clears the complexion, are almost beyond belief. A single soothing application of the little Beauty-Cup produces remarkable results. Blackheads in many cases are banished in sixty seconds. It pumps impurities out of the blood by atmospheric pressure, rounds out the cheeks, arms and neck, and plumps the waste places in the body with wonderful rapidity. Acts directly on the circulation and feeds fresh pure blood to the tissues, making the flesh firm and fair, and the skin soft and satiny. **Dr. Harlan's Beauty-Cup** sent by mail in plain wrapper—with our Beauty Book—to any address for 2/1 P.O. (abroad 2/6 M.O.)
Address, **H-HIGHWATER LABORATORY Co., 1—11s Exchange Building, Southwark, London.**

FOR MORE THAN TWENTY YEARS
DR. DAVIS'S FAMOUS PILLS
have been universally admitted to be a boon. They are the best-known remedy for Anæmia, Giddiness, Loss of Appetite, Hysteria, Debility, Depression, Weakness. Boxes, 9½d., 1/1½, 2/9, 4/6, and 11/-. To be obtained from Chemists and Patent Medicine Vendors everywhere, or direct from the Proprietor, 309, Portobello Road, Notting Hill, W. Send for free sample and invaluable booklet.

TOO FAT

The **Zobeide Tissue Absorbers** will thin you. Price 2/6. The Zobeide Beauty Belt for the speedy reduction of Hips and Abdomen. No Pressure. No Dieting. Price 25/6 and 31/6. —Mrs. MAINE, "Clovelly," Record Road, Emsworth, Hants (late 41, Conduit St., W.).

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IS A CLEANSING EMOLLIENT OF EXQUISITE PURITY.

KHALA prevents all redness, roughness, or chafing of the skin; by nourishing the tissues it gradually effaces all lines, and absolutely protects the complexion from the ill-effects of exposure to high winds, and extreme heat or cold. To ladies motoring, yachting, mountaineering, etc., it is simply a necessity.

KHALA is not a cosmetic; based on the formula of a great physician it contains neither lard nor glycerine and **cannot** injure the skin of the tenderest babe.

Price **2s. and 3s. 6d.** "Baba" Brand (unscented) for Nursery use, in large jars, 4s.

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Can only be secured by a healthy state of body.

Indigestion, Anæmia, Liver Troubles cause ugly blotches and pimples.

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Stimulate the digestive organs, rouse the liver, purify the blood, and give renewed vigour, bringing the colour of health and a clear complexion.

See that you get WHELPTON'S, and do not accept anything **"just as good."**

9158

Employment Bureau.

FREE REGISTER.

SPECIAL NOTICE.—Will correspondents please read the rules carefully regarding notices for re-insertion in the Register, and letters to be forwarded? Inattention causes delay and trouble.

NOTICE.—The printed notice *must be cut* out of the Register for re-insertion each month.

LETTERS TO BE FORWARDED.—These must be fully prepaid, and must bear the Register number at the top left-hand corner. No letter will be forwarded unless it is accompanied by the writer's name and address—not for publication, but as a guarantee of good faith.

ALL LETTERS must be sent to Miss Winifred Jones, Employment Bureau, 10 and 11, Fetter Lane, E.C. If to be answered by post, six penny stamps must be enclosed, and a stamped, addressed envelope.

TO BE ANSWERED in these columns in the next number, letters must reach the office on or before the 25th of the month.

NOTICE.—May I once again point out to my correspondents that letters intended for this Bureau should be addressed to me personally, and that unless this is done some delay must inevitably occur.

No. 531.—Furs altered, re-lined, repaired. Reasonable charges. References. Foreign orders taken.

No. 372.—Ladies' blouses from 2s. 3d. Ladies and children's underwear; boys' suits. Will cut down, turn, and renovate. Recommended.

No. 659.—Knitting. — Socks, stockings, golf stockings, motor scarves, ties, ties in club colours, fancy waistcoats, worked or crochet, children's vests, petticoats, baby's boots and jackets.

No. 693.—Dressmaker. Dresses, coats, blouses. Renovations. Remodelling. Good fit from pattern bodice. Splendid testimonials.

No. 692.—Dainty hand-made lingerie at moderate prices. Nightdresses and camisoles a speciality. Orders solicited.

No. 703.—French cleaning. Blouses, furs, feathers, &c., finished in two days. Gloves by return of post. Laces and silks a speciality. Trial orders solicited.

No. 704.—Dainty embroidered smocks. Little boys' suits. Children's coats, pelisses, blouses. Layettes and shortening outfits undertaken. Recommended. Moderate charges.

No. 705.—Dresses, blouses, teagowns, &c., exquisitely embroidered by hand. Original designs. Fine work. Moderate terms. Specially recommended.

No. 8300.—Frock of Striped Zephyr.
For Descriptions see Pages 33 to 36.
Price of Paper Pattern, Skirt or Blouse, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8301.—Pretty Muslin Frock.
For Description see Pages 33 to 36.
Price of Paper Pattern, Skirt, 1s. 0½d.; Blouse, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 8302.—A Linen Frock.
For Description see pages 33 to 36.
Price of Paper Patterns, Skirt or Blouse, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

ANSWERS TO CORRESPONDENTS.

All letters must be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Fashion Drawings (Carrie M.).—Please write direct to the editor about these. Your query is not within the province of my Bureau.

Co-operative Work (Ella L. McM).—I think you must mean the Women's Co-operative Guild, of which the Honorary General Secretary is Miss Llewellyn Davies, Kirkby Lonsdale, Westmoreland. This was founded in 1883, and there are now between 400 and 500 branches, and over 22,000 working women members. "The object of the Guild is to train women in the principles and practice of the co-operative movement, teaching loyalty to the store and to the purchase of co-operatively-made goods, justice in conditions of employment, cash dealing, the extension of co-operation to the very poor, and a progressive educational policy throughout the movement." You can obtain a "History of the Guilds," price 1s., from the General Secretary, and if, as I gather, you wish to go more deeply into the movement in general, a book entitled "Industrial Co-operation," edited by Miss Catherine Webb, gives an account of the history, theory, and practice of co-operation in this island. This costs 2s. 6d. net. As you say, the whole subject is most interesting.

Dairy Farming (B.S.)—It is quite a relief to read your "country" letter, and to find that there are still some people left whom the life of towns does not attract. It is not essential to go to a dairy school to become a practical dairymaid, but you must get instruction. As you and your sister have both land and a house you are in a particularly good position to start. The nearest institution to you is the Midland Agricultural and Dairy College, Nottinghamshire, where you can have instruction in hard and soft cheese and butter making, and in the general management of cows and a dairy. The fees for instruction are £2 a month for local and £1 a month for outside students, exclusive of board and lodging, for which the charge at the college is 12s. weekly. When you start you may have to wait two or three years for a profit, but it will come in time, with ordinary luck, and you should do well.

Dressmaker, Renovations, &c. (S. A.)—Thank you for all your kind sympathy. I am glad the notice I put in met with your approval. You do not say if you are coming to London, as you mention "another locality" only. All the same, I think town would give you your best chance.

Buttonholes to be Made (Mrs. T. O.).—I should be glad to know whom you employed of the workers whose names I gave you, and if their work gave satisfaction.

I think your Free Patterns this month are just lovely—far superior to any other journal."—Mrs. F. E. W.

Nurses' Congress (F. J.).—Yes, you have been correctly informed. There is to be a large and important conference of nurses in London next July, so your friend should endeavour to time her visit for that date. I believe the president is to be a German lady—Sister Agnes Karll—head of the German Nurses' Association. The arrangements are in the hands of the National Council of Nurses of Great Britain and Ireland, which society was formed, you may remember, as a result of the Women's Conference held in London in 1899. There have been two Conferences—one at Berlin and one at Paris. There are various Societies, all over the world, affiliated to the Council, and these will all send delegates. Amongst them are New Zealand, Canada, Australia, South Africa, France, the United States, Denmark, Finland, &c. It should prove an occasion of great interest to your friend. With regard to your other question, I think you must mean the Nurses' Hostel. Francis Street, Tottenham Court Road, W.C., which is an hotel open to the whole nursing profession. You can only use the other you mention if a duly elected member.

Hand-Made Lingerie (M. L. R.).—Just before your letter arrived I had sent one on to you from a correspondent, so I trust it meant an order for you. Thank you for your kind remarks.

Dry Cleaning (S. D.).—I will gladly put you on my Register and help you to the best of my ability. I fear there is a great deal of competition in this work, as in all others, but, as you say, when it is for the necessaries of life it is a different matter to where only pocket money only is required. I advise you to make your work as widely known locally as possible, as people who want work done in a hurry are your most likely customers, so I should scatter your cards broadcast, and also advertise freely in the local papers. A good connection once built up usually remains.

Letter Forwarded (Miss B.).—I forwarded your letter, and I should be glad to know if you were able to employ my correspondent, and your opinion of her work. It is a great assistance to me when my readers let me know the result of my recommendation.

(*Continued on Page 46.*)

GRAPHOLOGY DELINEATIONS.

By EDITH O'SHEA.

All letters must be sent to "Graphologist," Myra's Journal Office, 10 & 11, Fetter Lane, E.C.

(1) To be delineated in these columns, *specimens of handwriting* must be received on or before the 25th of the month.

(2) Delineations will be given free if inserted in these columns. Readers desiring detailed postal replies must forward six penny stamps and a stamped addressed envelope, but in either case the coupon cut from the current number must accompany *every* letter.

(3) Letters must consist of not less than 100 words, copied matter and lined paper being inadmissible. The usual signature must always be given, but a nom de-plume is also required for printed replies.

Ocktober.—This writer possesses plenty of originality, much energy and good powers of deduction, giving her ability to reason things out. The mind is a very rapid one, and she would seldom be at a loss for a word, and would therefore make an amusing and agreeable companion. Strong love of beauty and artistic tendencies. Cautious. The chief faults are pride and some impatience. I do not mean that you are vain or conceited at all, but you certainly like to stand on your dignity, and are socially very ambitious. Kind-hearted and fond of entertaining your friends. Should be fond of travel.

Curious.—Thank you for your interesting letter. I certainly think handwriting is a very accurate guide. You have much force of character and vitality, the straight, bludgeon-like downstrokes denoting strength of will and decision. There is a strong love of colour shown in your writing, and I judge that if you travelled the glowing South or East would atract you most. You are economical, but not at all parsimonious. The intuition is good, and though you can speak your mind when necessary you are usually very reserved. The simple signature shows firmness, carefulness, and strong sense of form and colour.

Moonbird.—What a pretty pseudonym! Your delicate style of writing reveals refinement and grace of mind, while the long "t" bars and sweeping downstrokes denote much energy and a vivid imagination. Love of harmony and music. You are very ardent, and have high ideals. Music, painting, or teaching would either of them have been suitable vocations for you. You are sensitve, and feel things very keenly, much more than outsiders realise. Yes, I quite agree with you; do you know the expression, "Divine discontent"? That is the true spirit which stimulates and urges one on. Kind-hearted and tactful.

Brownie.—Thank you very much for your kind wishes. I can happily deal both leniently and truly with you. I wonder if you know that at times you are subject to depression? Only slightly, it is true, but still the tendency is there. You are warm-hearted, and ready to fight your friends' battles as well as your own. The chief fault is lack of attention to detail; why do you so often omit the dot to your "i"? The will, too, might be a little stronger with advantage, but you are strictly honourable. The signature shows simplicity of taste, and anything coarse or vulgar would be repellent to you. A lucid mind, and a natural liking to stand well with your friends.

Qu'appelle.—The mounting tendency of this writing shows a cheerful and hopeful spirit. You have considerable tenacity of purpose, and a frank and candid nature. Yes, any letter does; it need not be written to me, and enclosures are always returned if stamped envelope sent. You have much penetration and acuteness of mind, which should give you good insight into character generally. You are quite right, the salient features of handwriting do not change unless the character *itself* changes. A little more attention to detail is advisable. Ardent and energetic, and the mind works rapidly and easily. Prudent, but not mean. The signature repeats courage and mental cultivation.

(*Continued on Page 46.*)

PEACH'S CURTAINS

Now is the time before **Whitsuntide** to replenish Window Decorations. You want your copy of our **148-PAGE CATALOGUE** (No. 133) **FREE.** A Whole Warehouse in Book Form. Everything in **Household Furnishings, Casement Fabrics, Madras Muslins, Table Linens,** &c., **Hosiery** and **Laces.** Sole **PATENTEES** of **Contrenet Curtains.** The Curtains for Constant Wear.

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SHOPPING BY POST.

THE QUESTION OF FOOT WEAR.

Somehow the question of hose becomes more important in the summer, when the fresh light frock demands dainty open-wear stockings and pretty, smart shoes. It

requires some skill in selecting good black thread hose, because the shape of the hose and the prettiness of the "open-work" are not the only thing. Not to put too fine a point on it, one has to acknowledge that black thread (or even cashmere) stockings are apt to wash *brown*, and, even if they keep their colour, the fastness of the dye not infrequently means an injurious agent. It is quite safe, however, to get the excellent "Swanwich" Fast Black Hosiery, in which the dye is not only *fast* but is free from arsenic—the poisonous ingredient which is often employed to get a good, lasting black. They are really wonderfully good, the "Swanwich" Fast Black Hosiery, and ladies desirous of knowing something about these stockings would save time and trouble by writing direct to The Manufacturer, 10, Love Lane, Wood Street, London, E.C., for the address of the nearest agent. There is such a selection in these black stockings, which are to be had in thread, cotton, silk, cashmere; plain, ribbed, daintily inlet with lace; openwork from toe half way up to knee in a variety of lovely designs, &c. The prices are very moderate, while the shape, fit, and style are all that can be desired. The trademark ("Swanwich" Fast Black) should be looked for.

DRESS MATERIALS AT WHOLESALE PRICES.

Whoever looks through the prices of dress fabrics at Messrs. Hartley and Co.'s (The Yorkshire Warehouse, c30, Stanningley Road, Leeds) is surprised at the lowness of the figures quoted, and, until one sees the style of the patterns sent on demand, one does not fully realize that the heavier retail prices are discarded in favour of terms generally offered only to wholesale customers. For instance, Pirle-finished woollen satins can there be got for the very small price of

No. 8303.—Gown of Fine Linen.

For a soft tan brown. The tablier is cut with skirt band. The smart coat's front is cut in one with basque. Striped linen faces the collar. 36-inch linen, 14 yards.

Price of Paper Patterns, Coat, 9½d.; Skirt, 6½d., post free, from Madame Myra, *10 and 11, Fetter Lane, E.C.*

2s. the yard, dainty æolienne, silk-stripe summer fabrics &c., being proportionately cheap. Messrs. Hartley and Co. have a large variety of pretty prints, lawns, and mousselines de laine for summer frocks, &c. It is advisable to send for patterns as soon as possible.

The made-up garment at Messrs. Hartley's show the same acceptable lowness of price. Some wonderfully nice little "tailor-mades" can be had for 17s. 6d.—a well cut coat-and-skirt in good woollen materials in several shades. The value offered in this respect can be better realized by sending for one of the illustrated price lists, which is so full of pretty illustrations that it is quite a fashion book. Patterns of the materials offered at the prices quoted will also be sent on demand, post free. There is a range of very pretty summer blouses at Messrs. Hartley's at the lowest prices possible. A wonderful bargain (at 2s. 3d., 3d. extra for postage) is the "May Blossom" blouse, in silk mousseline de soie, trimmed with lace, in white or various summer shades. The children's frocks and coats afford a great selection—pretty, well-cut little models, wonderfully cheap.

DOMESTIC ECONOMY.

The burning question of the age is not one of morality or politics. It is the domestic cry of "How to make both ends meet." Women have great problems to solve because they will look smart, and, rather than wear dowdy clothes, will often prefer to take to their beds, unless they are wise enough to know how to make the most of what they have. Many women never wear out their clothes; their trunks are filled with perfectly good garments which they have worn until they are heartily tired of them.

It is generally mere thoughtlessness which makes so many women spend so much on dress. If they would buy with an eye on adaptability and quality—buy with an eye on next year—they would not get novelty clothes, which soon become as well known as their faces.

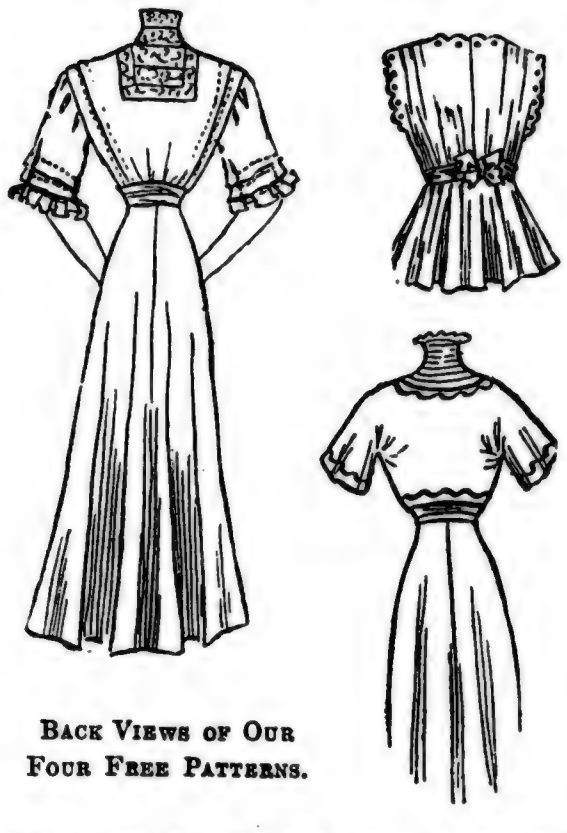
Mothers, with small incomes and tall daughters, who want to "keep up with the other girls," should plan clothes with an eye to renovation. A simple white party

"The dress you have suggested is just exactly what I wanted."—L. O'S.

dress could be bought with a view to having it dyed later for a street dress. A few yards of lace insertion to fill in the neck, and the transformation is complete.

The white dress that has often been cleaned until it has turned yellow need not be cast aside. It could be dyed and worn by another sister if a girl is tired of it. It is always advisable to buy a few extra yards of the material when buying a new gown, and when the dress is sent to be dyed the extra piece of material should be sent with it. This will allow for altering or for letting out, if the girls have grown. Nearly all necessities for young ladies are considered luxuries by the father who has to pay the bills. There would be far less friction in the family if the housewife knew more about dyeing and cleaning.

Plenty of men do not know that their own clothes can be dyed and renovated like new in the magic laboratory of Messrs. Campbell



BACK VIEWS OF OUR FOUR FREE PATTERNS.

at the Perth Dye Works, where men's merino garments are as successfully treated as are the dainty clothing of their wives and children. By judicious buying of materials with a view towards dyeing and remodelling, the dress allowance can be stretched till it equals an extra £50 a year. If a good price is paid for good materials, it is surely worth while sending it to a good firm for renovation, as bad work is dear at any price. No better dyeing can be secured than the workmanship at the Perth Dye Works, and the reasonableness of the prices there can be seen by writing to Messrs. Campbell for a copy of the new edition of their catalogue.

This brochure will suggest numerous economies that can be effected not only in dress, but in furnishing. From it some ideas will come as to what can be done with that carpet, which is just old enough to be old-fashioned, yet not old enough to be fashionably antique. Thousands of homes all through this country are furnished with hangings, curtains, carpets, and upholstery which are not worn out, but are simply out of date, soiled or faded, yet far too good to be discarded. A transformation could be effected by carefully studying any colour scheme fancied, and by consulting Messrs. Campbell either by letter to Perth or through the Manager of their nearest Receiving Office, who would call and advise how nearly the scheme could be realised to transform all the good old ugliness into new beauty.

No. 8304.—PRETTY SUMMER GOWN.

Made of fine pale green cashmere, decorated with black lace, mounted on green satin, and Vandykes of black silk braid. Lace sleeves. Black satin belt. 46-inch cashmere, 6 yards.

Price of Paper Patterns, Skirt or Bodice, each 6½d. post free, of MADAME MYRA, 10 *and* 11, *Fetter Lane, E.C.*

DAINTY SUMMER FABRICS.

At last we have a great revival of that charming and delicate fabric, cashmere, which vies with mohair as being the success of the summer season. Both these materials have a great range of prices, colouring, degrees of fineness, &c. Cashmeres, especially, can be bought very cheap, and both cashmere and mohair can also run into many shillings a yard. A very fine silky cashmere is anything but cheap, but there are inexpensive cashmeres which any lady can wear if she buys in the right place. Messrs. John Cordeux and Sons, Limited (4, Clifton, Bristol), have a wonderful selection in cashmeres, lustres, mohairs, alpacas, of very moderate price. The cashmeres are to be had in all n colours. The silk-warp cashmeres beautiful (from 1s. 6d.).

The well-known Cordeux Dress Fabr comprise a fine range of serges in bla navy, and Cream, including the excell "Admiralty" and "West of Englan makes. It would be worth any one's wh to write off a postcard at once for patte of these very varied dress materials, patterns being sent by return post fr All orders are dispatched carriage p In writing for patterns, ladies should m a point of asking for examples of the v dainty cotton fabrics and the new desi in pretty mousselines de laine. The C deux silks should also be inspected. Th quality and price are alike inviting.

A SCHOOL OF ECONOMICS.

The London School of Economics is of the schools of the reconstructed U versity of London. The library conta about 50,000 volumes, and a collection pamphlets and other documents whic unique. It, therefore, affords an excell means of training in library work. library is used mainly for reference p poses, but a small collection has b arranged as a lending library for convenience of students of the school.

Courses of instruction in librarianshi which student-assistants are expected follow, are arranged by the school in operation with the Library Associati Full particulars of the classes may obtained from the school, but informat as to the scope, the examinations, and literature of the subjects is to be obtai from the Library Association, Whitco House, Whitcomb Street, W.C.

At the end of the course, students w ordinary diligence would be able to p the examinations of the Library Associat and prepare themselves to compete for diploma, and would be meanwhile quali to take a position of responsibility i library: they would also be well trai in secretarial work.

Candidates should apply, in the f instance in writing, to the Director, London School of Economics and Polit Science, Clare Market, W.C.

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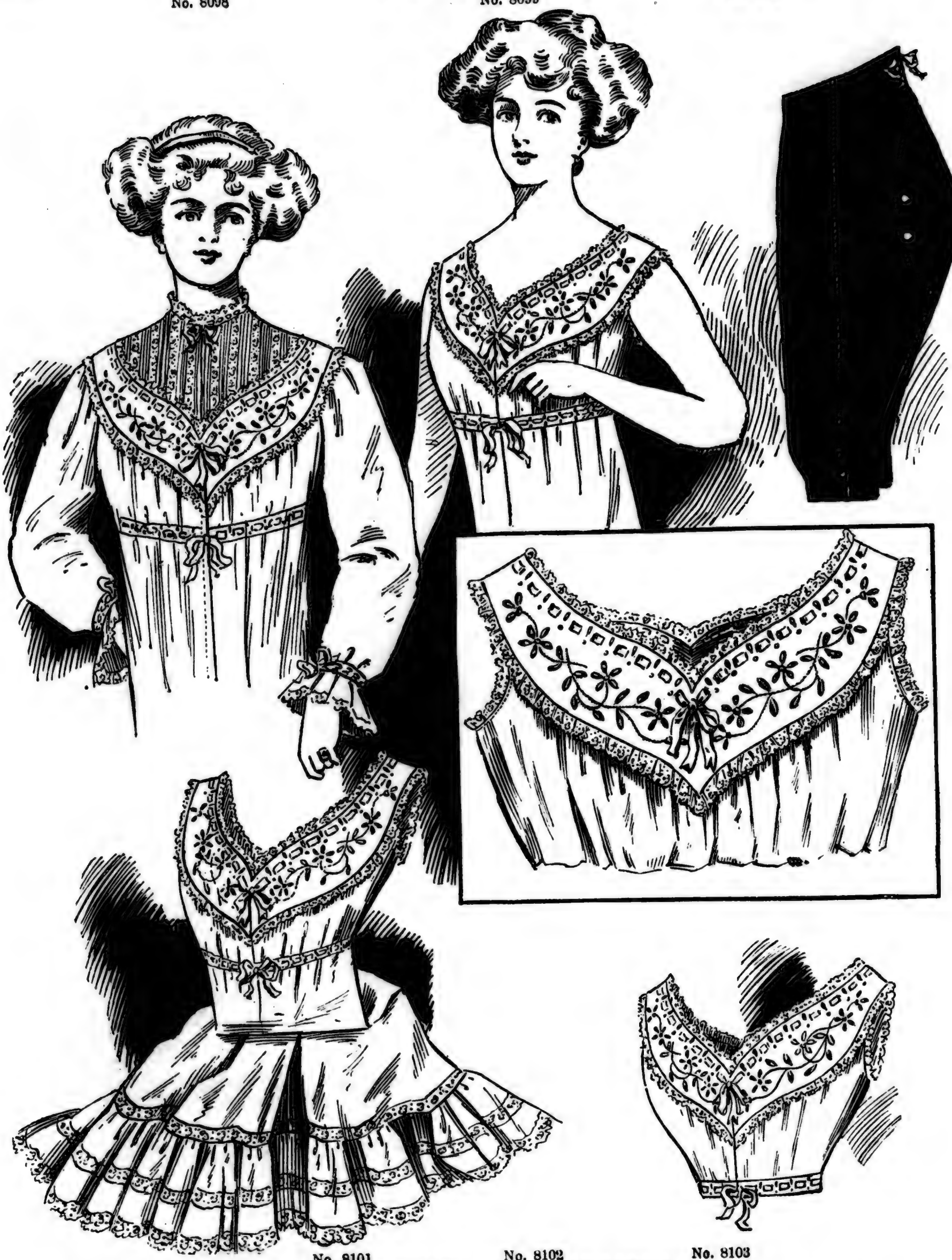

No. 8101 No. 8102 No. 8103

EMBROIDERED SUMMER UNDERWEAR.

For Descriptions see Pages 33 to 36.

Price of Paper Patterns, Nos. 8099 and 8101 each 1s. 0½d; the other models, each 6½d.; full-size Transfer of Yoke Embroidery (two front and one back sprays), price 4½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Results of the Prize Competition.

NOTE.—All recipes and hints intended for competition must be sent to Mrs. Hope, 10 and 11, Fetter Lane, E.C. They should not be included in envelopes containing queries for other departments, as that entails considerable delay.

Competitors are requested to write each hint or recipe on a separate sheet of paper and to write on one side of the paper only.

A coupon of the current number of Myra is essential, and hints or recipes, however good, will not be considered unless accompanied by a coupon. L. Hope.

PRIZE RECIPES.

A prize of 2s. 6d. has been awarded for each of the four following prize recipes:—

Tomato Chutney.—1lb unripe tomatoes, ½lb eschalots or onions, ½lb sour apples, 2 tablespoonfuls of brown sugar, 1 pint of vinegar, 2oz raisins, saltspoonful of allspice and pepper, dessertspoonful salt, 1 green pepper chopped finely. Slice the tomatoes, chop onions, apples, raisins, and green pepper. Put all the ingredients in a covered enamelled pan; cook slowly for one hour in the oven, stirring occasionally. Place in well dried jars and cover closely.—C. Panton, Duke Street, Darlington.

Cornish Mould.—1 pint milk, rind and juice of 2 lemons, 4oz sifted sugar, 1½oz gelatine, ½ gill water. Boil milk and lemon rind; while boiling, pour on to the lemon juice. This will curdle milk. Strain all into a basin. Add gelatine dissolved in the water. Sweeten and mould while still hot.—W. Eleanor Gunn, 11, Silverdale Road, Eastbourne.

Lemon Solid.—½oz gelatine, 1 pint milk, 6oz sugar, 2 lemons. Soak gelatine in enough water to cover; when soft, dissolve in saucepan with ½ pint of milk, 6oz of white sugar, and grated peel of lemons, taking care not to let the mixture boil. When thoroughly dissolved add ½ pint of milk and juice of lemons. Stir well, and pour in mould to set.—Miss R. Lawrance, 29, Hilldrop Road, Camden Road, N.

Croquettes de Riz.—Take ½ pint of rice, well washed, put in 1½ pints of water, when partly boiled add ½ pint of milk. When quite soft stir in 2oz of butter and a little grated lemon peel; take it off the fire, and when half cold stir in the yolks of three eggs. When quite cold, make into balls, roll in bread crumbs, and fry in butter. Serve with sugar sprinkled over.—Miss Giles, Woodgrange, Exmouth.

COMMENDED AND RECOMMENDED.

Cheese Polenta.—Make a thick mush or porridge of rolled oats, seasoning it well with pepper and salt, cook it in a double boiler for an hour or more until it is soft and smooth. Remove it from the fire, and for each pint of mush stir in one teacupful of grated cheese. Turn it into a baking dish, sprinkle it with more grated cheese, and brown it in a quick oven.—Ireland.

Bengal Pudding.—Cut into dice 3oz of preserved ginger. Take two eggs and their weight in butter, sugar, and flour. If non-raising flour, add a teaspoonful of baking powder. Beat the butter to a cream, add the other dry ingredients, then the beaten yolks of eggs, and finally the beaten whites. Pour into a well-buttered mould and steam for an hour and a half. Serve with sweet sauce to which has been added a wineglassful of ginger wine and a little chopped preserved ginger.—Sussex.

Sausages in Batter.—Batter: ½lb flour, 1 egg, nearly ½ pint milk. Get 1lb pork sausages, cut in half lengthways, and place in a deep baking tin, pour over the batter, and bake in a quick oven about one hour. Make batter several hours before baking.—London.

Rhubarb Pudding.—Stew a pound and a half of rhubarb with a tiny piece of lemon rind till cooked. Then line a piedish with slices of stale bread, cut thin, and without crust. Put in a layer of rhubarb and then a layer of bread, and so on until the bread and fruit are all used up. Over all pour half a pint of boiled custard, and serve at once.—Llanelly, S. Wales.

Cornflour Rusks.—These are delicious for tea. 2oz butter, 4oz fine white sugar, 4oz cornflour, 2oz of plain flour, 2 eggs, 1 teaspoonful of baking powder. Beat butter and sugar to a cream, add eggs, well beaten, then flour and baking powder. Mix well. Bake for twenty minutes in a flat tin, then cut into fingers and return to oven to slowly brown.—Maidstone.

Baked Hake with Egg Sauce makes an excellent and substantial dish for a family. When the fish has been washed and dried, dip each steak in beaten egg and then into bread crumbs. Set in a greased baking tin and cover with a piece of greased paper. Place in a hot oven for half an hour. Serve on a hot dish with good egg sauce, flavoured with chopped parsley, in a separate tureen.—Co. Dublin.

Magdala Pancakes.—2oz butter beaten to a cream, 2oz sugar, 2 well beaten eggs; add ½ pint milk and 2 tablespoonfuls of flour. Beat all together, and bake in six saucers for twenty minutes. Turn out on dish and sift castor sugar over. This is a very good recipe.—Brixton.

Dariols of Chicken and Tomato Jelly.—Skin and joint a fowl, stew it until tender with a piece of carrot, turnip, onion, and a few peppercorns, cloves, and mace, and salt. When the fowl is quite tender, take the meat from the bones and reduce the stock. Take 6oz from the breast and wings of fowl, add to it 2oz of cooked and chopped ham, 1 gill of thick white sauce made from the stock, ½ gill of whipped cream, 1 gill of tomato purée in which is dissolved ½oz of gelatine. Season with salt, cayenne, lemon juice, and add a few drops of colouring. Pour mixture into small dariol moulds, which should be decorated with tomato jelly. Set aside to get quite cold, then turn out on a bed of salad or lettuce. Decorate with chopped tomato jelly.—Dundee.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
FOUR BEST COOKERY RECIPES.

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ARE AWARDED FOR THE
BEST HOUSEHOLD HINTS.

HOUSEHOLD HINTS.

A prize of 2s. 6d. has been awarded for each of the four following hints:—

Uses for Old Corks.—Slices of cork the thickness of a wedding ring put on the corners of pictures or looking-glasses prevent spots on same, and allow a free current of air at the back. They can be easily stuck on with a little seccotine or glue. Furniture which does not stand steady can, with case, be made to do so by having the required thickness of cork stuck on the same way.—Mrs. C. Lee, Cosy Hall, Sutton, Co. Dublin.

To Clean Tortoiseshell Hair Side Combs.—When the combs are dull and greasy-looking, you can make them bright and new looking (if real shell) by taking some fine rotten stone and a few drops of best salad oil, mix together, and rub the comb all over with the thumb and finger or piece of soft rag, if preferred, until all grease is removed, finally polishing with a drop of oil and then rubbing with a leather.—Mrs. Haigh, Seend, Melks Lane, Wiltshire.

Refooting Stockings.—Knit stockings in usual way till you turn the heel, then pick up your side-stitches and knit backwards and forwards, not interfering with your front needle at all till you begin to intake at the toe. Break off your wool, leaving a long piece, and then knit your front needle down to the same length. Knit round and round in the old fashion till you finish your stocking or sock, sew up the side slit, and you will find that when stockings want refooting all you have to do is to knit a new sole instead of a new foot.—Miss Eggleston, St. John's Chapel, R.S.O., Durham.

Damp Shoes.—However damp shoes may be they can be given a beautiful polish in a few seconds if a drop or two of paraffin is added to the blacking.—(Miss) Janet Dainty, 8, Carleton Road, Tufnell Park, N.

COMMENDED AND RECOMMENDED.

To Sweeten Rancid Butter.—Melt the butter and skim it, then put into it a piece of toast (free from any burn). In a few moments the butter will lose its offenstve taste and smell, which the toast absorbed.—Jarrow.

If too much salt has been added to soup, slice a raw potato and boil it in the soup for a few minutes. The potato will absorb much of the salt.—Darlington.

To Clean White Silk Blouses.—Heat in the oven a large plateful of common salt and flour mixed in equal quantities. Let it become quite hot, but not browned. Take a piece of clean, dry flannel and rub the heated flour and salt well into the blouse. Shake it out, and it will look much nicer and fresher than if washed, and quite clean. This also applies to woollen blouses and white felt hats.—Tunbridge Wells.

To Tighten Handles of Steel Knives.—If the handles of the knives should come off they can be easily mended with resin. Pour a little powdered resin into the handle of the knife, then heat the part of the knife which fits into the handle until it is quite red hot and then thrust it quickly into the handle. When it is cool it will be found very firm.—Maidstone.

Dirty Suede Gloves to Clean.—Put the gloves on the hands and rub with a piece of white flannel dipped in hot dried flour.—Bedford.

To Whiten Linen.—Linen which has become yellowed with age can be whitened by soaking it for two days in buttermilk. Then wash it in the usual manner.—Darlington.

To Remove Soot from a Carpet.—If soot falls on the carpet or rug, cover it thickly with coarse kitchen salt, then sweep all up together and no stain will be left.—Tunbridge Wells.

A Linseed Poultice (To make).—Thoroughly heat a basin and pour into it sufficient boiling water for the poultice. Shake a handful of meal gradually into the water, stirring briskly with a knife meanwhile. Add more meal until the poultice is thick enough without being heavy. Take it out and spread it on to muslin. cover it over, and turn the edges. Apply immediately. If the poultice is not made in the patient's room, it should be carried there between two very hot plates.—Jarrow.

PRIZE COMPETITION

To provide our readers with interesting and original recipes for Cooking and Hints for the Household, we are offering:—

FOUR PRIZES, 2s. 6d. each,
for the Four Best Cooking Recipes, and

FOUR PRIZES, 2s. 6d. each,
for the Four Best Household Hints.

Competitors must send in their Recipes and Hints on or before May 15, addressed to "Mrs. Hope, Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

COOKING RECIPES.
MAY, 1909.

HOUSEHOLD HINTS.
MAY, 1909.

'I am delighted with your journal and shall take it regularly. —H. P.

Correspondence.

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DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

GILDA.—(1) You need not dress your hair very large. Many girls with fluffy hair are wearing a mere Greek knot at the back, the hair (wavy and fluffy) made loose in front by means of combs. A filet round the head is very pretty, made of sequin-embroidered net. (2) You can get the pin curls made at the Universal Hair Company, 84, Foxberry Road, Brockley, S.E.

RAINDROP.—(1) As the border does not enter into your scheme for the dress, you can use it as a galon, and trim that pretty leaf-green cashmere. The white ground of the border, with those delicate pink roses and touches of blue and leaf-green, will look charming on the green cashmere. I consider the border a very pretty one, indeed. You should never throw away a selvedge border which you do not happen to want at the time. It will always come in to trim a plain woollen or cotton fabric, according to the material of the border. (2) For the serge send to the South Devon Serge and Blanket Warehouse, Teignmouth, Devonshire.

PANSY.—Your letter arrived after the April number had gone to press. It is a little difficult to advise colours, as the tone of hair, eyes, and skin make all the difference, and a shade which suits one dark woman will not suit another. Navy blue is sure to suit. I mean a navy blue with some colour in it, not the almost black shade. Black as a rule is not very becoming to dark people, unless plentifully relieved by white. Black-and-white, with a touch of leaf-green, orange, or mauve, suits most people. Mauve, however, only suits people with strong but delicate colouring. I should say that a touch of orange velvet in a navy blue gown would suit; also one of the striped or figured blue-and-white summer fabrics (rich dark blue predominating) should suit you, touched up with knots of dark crimson and white lace decorations. Green is more trying than rich blue, but dark green suits most people. Leaf-green demands a certain amount of colour. Pale, dark women should eschew brown and fawn shades, especially brown.

(Owing to pressure of space many Answers are crowded out, and have been answered by post.)

EMPLOYMENTS FOR LADIES.

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Continued from Page 41.

EMBROIDERED SMOCKS, &c. (L. C.).—I am very pleased to put you on my Register, and trust you may get some orders. In order to be really effectual you should keep your notice in regularly.

AS LADY'S MAID (G. M. P.).—Your desire to travel and see something of the world is a very natural one at your age, but it would be absolutely essential for you to know something of dress-making, hair-dressing, packing, &c. Your knowledge of millinery should be most useful to you, so I advise you to get a post in some larger town, and acquire knowledge of these different things. What you tell me is really quite romantic, but I can imagine the loneliness and self-dependence are trying at times. Let me know what you do and how you get on. It is hardly worth while to insert a notice for you now, but I hope to hear from you later, when you are better qualified for the post you want.

DAIRY WORK (B. S.).—Since I wrote the answer above, I learn from "Women's Employment" that, should you decide not to work your own land, you could obtain a post at home on a gentleman's estate as dairymaid. The usual salary is £30 to £60, with a cottage or rooms, together with certain perquisites, such as coal, light, garden produce, &c. The day's work would probably take you from six to seven hours, and, in some places, the care of the poultry yard is added. There are openings for dairymaids both in the colonies and South America, and, although in different countries, the life is much the same as here. There is also a limited number of posts for girls as County Council lecturers. For this a recognised certificate or diploma is essential, such as the National Dairy diploma or British Dairy Farmers'. Salaries range from £50 to £70 for an assistant, up to about £200 for a resident instructress in some of the best posts. I tell you all this, as I think it is well for you to know it, but if you do not mind waiting for a profit on your labour—sometimes a matter of years—I think you would do as well to start on you own.

CHILDREN'S NURSE (Frances B.).—The *nearest* place to you is the Cheltenham Crèche (Miss K. Pendyre, Evenholme, Cheltenham). Resident pupils are received, and get a thorough training in the management of children from three weeks to six years. The fee for a course of three months' training is £10, which includes training, board and lodging. There is also the Gloucestershire School of Domestic Science (Lady Superintendent, Belmont, Winchcombe Street, Cheltenham). At Tunbridge Wells—another nice place—there is St. Christopher's, where the fees are 35 guineas. Apply to Miss Barker, 53, Upper Grosvenor Road, Tunbridge Wells. If none of these suit you I can give you other addresses.

NOTICES RECEIVED (M. M.).—Yes, I think with you the winter is a better time both for work and orders, but still you are wise to insert your notice regularly. (A. P.).—I am sorry that I have not had time to write to you as, owing to my illness, I have been so extremely busy of late. You may be quite sure that I will do my best for you, now and always.

EMBROIDERED DRESSES (B. E.).—We have to go to press very early this month on account of Easter, so that I have put a special notice in for you, as you will see. I hope it may bring forth orders.

COOKERY AND HOUSEHOLD MANAGEMENT.

Letters must be addressed to Mrs. Hope, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

TWO SIMPLE EGG DISHES.—You give me no idea as to what kind of egg dishes you want, but I think these are as simple as you could wish:—(1) Eggs au Gratin: Boil as many eggs as you wish to use for twenty minutes, and plunge them into cold water immediately. Shell them, and cut them in thick slices; put them in a fireproof dish and pour this sauce over them: Stir together the yolks of four eggs, a gill of milk, and a tablespoonful of grated cheese over the fire till it is a thick cream—do not on any account let it boil. Pour it over the eggs, and sprinkle fine breadcrumbs seasoned with salt and pepper over all. Pour a little liquid butter over, and brown in the oven for about ten minutes. (2) Eggs en Surprise: Have as many potatoes, round and even in size, as you require, and bake them in the oven. Cut a slice off the top, and scoop out as much of the soft part of the potatoes as possible; beat this to a pulp and half fill the skins with it. Then into each drop a whole egg, pour a spoonful of cream over, fill up with the potato pulp, put the top of the potato on again, and cook in the oven for three minutes to set the eggs. You say "eggs and cream need not be pinched," as you have them in plenty. Let me congratulate you, and suggest a third dish as a luxury. Put as much cream into a piedish as will fill it three parts, and make hot in the oven, sufficiently to poach an egg. Drop into this as many eggs as you wish and as there is room for. Strew some grated cheese over, and a little butter in dice, and cook in the oven till the eggs are nicely poached.—"KRICK MOUSE."

GRAPHOLOGY.

(Continued from page 41.)

WING.—The chief feature of this writing is its remarkable variety of forms—hardly two letters slope alike; this reveals carelessness, hurry, and impulse. The variability is so great and the will being weak there is much indecision of character, which may produce a very unsettled state of mind if care is not exercised. Cultivate serenity and self-control—two of the strongest virtues in the world. Your versatility is so great that you could turn your hand to almost anything, but I should say nursing or music. You are tactful and loyal to your friends, but you need a calmer mind.

NEDDA.—I really wish correspondents would read and keep the rules, one of which is that copied matter is inadmissible, as the mind is deserted from the act of writing. The specimens submitted shows self-reliance and control. The writer is economical and usually very reticent. Temper inclined sometimes to be irritable, and the will should be strengthened. The simplicity of the capitals show refinement and sense of form, giving you ability to appreciate architectural beauty. Steadfast in your attachments, but not very demonstrative.

"BIRDIE K."—It is somewhat difficult to tell if this writing is usually "crowded," or if it is the result of being compressed on to a postcard. I fancy the latter. Your friend possesses much tact and kindness of heart, but is a little quick-tempered, which makes her a bit "touchy" at times. The simple capitals and signature show good taste and refinement. She is almost too reticent, particularly in matters of the affections. Sensible and capable in domestic affairs; usually adheres to her own decision about things.

(Several Answers are crowded out.)

MADAME MYRA, 10 and 11, Fetter Lane, E.C., will cut to measure the pattern of any dress or mantle illustration sent to her for 1s. 6½d. (plain skirt or bodice, or *short* coat). Pleated or tucked styles cost according to complication; of a princess or Empire gown the pattern would cost from 2s. 6½d. post free

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
MAY, 1909.

DRESS AND HAIRDRESSING.
MAY, 1909.

HEALTH AND BEAUTY.
MAY, 1909.

GRAPHOLOGY.
MAY, 1909.

ETIQUETTE.
MAY, 1909.

COOKERY & HOUSE MANAGEMENT.
MAY, 1909.

"I never miss a chance of recommending 'Myra's Journal,' as I think it a treasure."—Mrs. M., Carmarthen.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, *10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, May, 1909.

DRESS AND MILLINERY.

DRESS AND BLOUSE LENGTHS at bargain prices, latest designs, patterns free on application.—The Fancy Muslin Company, 19, Cannon Street, Manchester.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

COLONIAL READERS. — MILLINERY, BLOUSES, BOUGHT AND FORWARDED, References.—57, Sydenham Road, Sydenham.

MILLINERY, BLOUSES, SKIRTS, made or renovated; stylish; moderate.—57, Sydenham Road, Sydenham.

DRESSMAKER. — Daily, town, country, ladies' houses; cut, fit, renovations.—Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

DRESSMAKER, daily or at home. Experienced. Renovations.—326, Moseley Road, Birmingham.

LADIES' SEVEN-GORE SKIRTS, navy or black, any size, 6s. 6d., postage 6d.—Gooch, 71, Hewitt Avenue, Wood Green.

PARCEL UNDERCLOTHES; APRONS, 5s.; new cream BLOUSE, 4s.—Holly Cottage, Solway Hill, Woodford.

MILLINERY.—Fur hats made from old furs.—Miss A. Blanch, 299, King's Road, Chelsea.

SKIRTS, Navy or Black, to measure, 5s. 6d. —Pinchback, 53, Guildford Road, Greenwich.

NEEDLEWORK, DRESSMAKERS, &c.

Madame Léonie, PARISIENNE DRESSMAKER, 120, Talbot Road, Bayswater. Ladies' materials. Charges moderate.

CUTTING AND FITTING for home dressmaking.—Mrs. Wood, 110, Ledbury Road, Bayswater.

DRESSMAKER, daily: dresses, blouses, mantles, renovations.—Bates, 57, Ranelagh Road, South Belgravia, S.W.

CORSETS made to order. Alterations; moderate charges. Ladies attended at own residence.—Miss Claydon, 243, King's Road, Chelsea.

DRESSMAKER, speaks French; renovating out or home.—36, Ambler Road, Finsbury Park.

DRESSMAKER, terms 2s. daily.—Jessie Andrews, 42, Alma Square, St. John's Wood.

EXPERIENCED DRESSMAKER, Ladies' own materials. Smart Blouses, 3s. 6d.: Shirts, 2s.; Tailor-made Skirts, 4s. 6d. Carriage extra.—Miss Gale, Maple Grove, Tiverton, Devon.

Madame Beatrice makes smart DRESSES COATS and SKIRTS, BLOUSES. Moderate charges. Ladies' materials made up.—58, Burlington Road, Bayswater.

DRESSMAKING, renovations, alterations. Juvenile costumes. — Miss Walwyn, 5, St. Ann's Road, Barnes.

LADIES' SHIRTS, 3s.; SKIRTS, 5s.; BLACK PINAFORES, 2s. 3d.; children's clothes, &c.—13, Osborne Villas, Hove.

Millicent Wright, 45, Artesian Road, Westbourne Grove. LADIES' MATERIALS. Terms moderate.

DRESSMAKING alterations, West End experience, or ladies' material. Strictly moderate. — Dickisson, 539, Forest Road, Upper Walthamstow, Essex.

NAVY, BROWN, GREEN COSTUMES, BLACK SILK SKIRTS.—Violet, 71, Oakfield Road, Anerley.

Ladies' and Children's DRESSMAKER. Fit guaranteed. — Mrs. Hudson, 44, Lancaster Road, W.

DRESSMAKER, daily, or at home. Renovations, alterations, Blouses speciality.—Mrs. Goddard, 35, May Street, West Kensington.

Morland, LADIES' TAILOR, Modes et Robes.—79, Elm Park, Brixton Hill, S.W.

Miss Gilbert, 103, Chenevs Road, Leytonstone, Essex.—EXPERIENCED DRESSMAKER. Terms moderate.

JEWELLERY.

Handsome gold-mounted AMETHYST NECKLACE, £5 10s., cost over double; other articles equally cheap.—Williams, 69, Ringmer Avenue, Fulham.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

COOKERY BOOKS.—Six Recipes, approved by Letitia Hope, in M.S. Book with detachable, washable, embroidered linen cover. Work recommended by Blanche Fitzmaurice. Price 5s. Linen Envelopes for stray recipes, 3s.; Special Recipes, 1s. extra. "Mrs. Glasse," c/o Miss Sterling, 14, Bartholomew Road, Kentish Town, London, N.W. Cash with order.

MUSIC neatly and strongly bound in limp covers, 9d. to 1s. M3731

EXCHANGE POSTCARDS. Exterior English churches only wanted.—Brooks, 6, Norwich Street, Cambridge.

MISCELLANEOUS.

Sell or exchange, Norwich singing CANARY —evening skirts, new stockings, table linen. —Moss Cottage, Chapel Road, West Norwood.

Ladies' plain knitted merino STOCKINGS, best quality only, 2s. post free.—Miss Holton, 4, Oldhams Terrace, Acton, W.

10s. 6d. silver-mounted UMBRELLAS, 4s. 8d. (new). Lucky NAIL TRIMMERS, 1s. 2d., possessors lucky. Satisfaction guaranteed.—Truro, Longford Road, Bognor.

LESSONS in DRAWING and PAINTING by Bronze Medallist. North London.—Miss R. Lawrance, 29, Hilldrop Road, Camden Road, N.

LADIES' COMBINGS mounted into tails, 1s. per oz.; puffs, frames, fringes, &c.—Miss Rose, 2, Blackburn Road, Hampstead.

BREATHING, PHYSICAL EXERCISES, VOICE PRODUCTION, ELOCUTION, taught by trained, certificated, experienced teacher. M3745

Lady has some CAST-OFF CLOTHING to suit working people. No dealers. M3746

Journalist coaches in FASHION JOURNALISM, correspondence, shorthand; manuscripts revised. Very moderate terms. M3747

Ladies, DON'T DYE YOUR HAIR. It can be restored to its original colour at a small cost. Highly recommended by Myra's Journal readers. Strictest privacy. — Miss Warrington, 25, Mysore Road (opposite Shakespeare Theatre), Clapham Junction.

HAIR STAINS, permanent, harmless, in all shades. Send piece of hair. 1s. 3d. per bottle.—Blanch, 299, King's Road, London.

Cléste. — Experienced READER BY PHOTO; 6d. envelope.—2, Legg Street, Chelmsford, Essex.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. MAY, 1909.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

Miss J. Andrews, 42, Alma Square, St. John's Wood, N.W.
L. C. Andrews, 28, Kelvin Road, Highbury, N.
Miss Bates, 57, Ranelagh Road, South Belgravia, S.W.
Mrs. Broome, 22, Speenham Road, Stockwell Road, Brixton, S.W.
Mrs. H. Burnay, 22, Farm Road, Hove, Sussex.
Miss Claydon, 243, King's Road, Chelsea, S.W.
Miss Connery, 48, Stansfield Road, Stockwell.
Mrs. Elliott, "Foxlow," Manor Road, Richmond.
Mrs. England, 440, Edgware Road, W.
Miss Gregory, 52, Wiltshire Road, Brixton, S.W.
Miss Hardy, 40, Mendora Road, Fulham.
R. Harvey, Oxford House, 329, Goldhawk Road, W.
Miss Olga, 29, Mill Lane, West Hampstead.
A. and A. Pinchback, 53, Guildford Road, Greenwich, S.E.
Miss A. Peaston, 81, Ashmore Road, St. Peter's Park, W.
Miss Price, 24, Gordon Road, Kingston-on-Thames.
Miss Saward, 44, Shirlock Road, Hampstead.
Miss A. Smith, 62, Wellesley Road, Leytonstone, Essex.
Miss M. Smith, 3, Pakeman Street, Holloway, N.
Miss E. Willson, 77, Cloncurry Street, Fulham, S.W.
Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 85, Westbourne Park Villas, Bayswater, W.
M. Davies, 19, Jedburgh Street, North Side, Clapham Common, S.W.
Annie Dickisson, 539, Forest Road, Upper Walthamstow, Essex.
Mrs. Duggan, 103, Park Street, Greenheys, Manchester.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Miss E. Farbrother, 1, The Owls, Gloucester Rd., Kingston Hill, S.W
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Mrs. Horner, 70, Barden Road, Tonbridge.
Mrs. and Miss Johnson, 9, Ampton Street, Gray's Inn Road, W.C.
Miss Maud Lee, 89, Warwick Street, Belgravia, S.W.
Misses Leftwich and Bush, 54, Blomfield Road, Maida Vale, W.
Madame Léonie, 120, Talbot Road, Bayswater, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Miss Mayhew, 25, Highgate Road, N.W.
Mrs. Misselbrook, 104, Hurlingham Road, Fulham, S.W.
Morland, 79, Elm Park, Brixton Hill, S.W.
Edith M. Perry, 46, Reporton Road, Fulham, S.W.
Nellie Siegfried, 90, Dawes Road, Fulham, S.W.
Miss Staar, 155, Hammersmith Road, West Kensington.
Miss Walwyn, 5, St. Ann's Road, Barnes, S.W.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Mrs. Anstead Wood, 110, Ledbury Road, Bayswater, W.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. Bailey, 31, Riley Road, Brighton.
Emilie, 185, Westbourne Grove, W.
Watson Lewis, 17, Edgware Road, Marble Arch, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Miss M. Owen, 2, Legg Street, Chelmsford, Essex.
Miss A. White, 299, King's Road, Chelsea, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square W.

LADIES' SHIRTS—

Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Petty, 29, Alberta Street, Kennington Park Road, S.E.
Miss Ramage, 25, Mysore Road, Lavender Hill, S.W.

PILLOW LACE MAKER—

Mr. Hy. Armstrong, Stoke Goldington, Newport Pagnell, Bucks.
Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Miss Claydon, 243, King's Road, Chelsea.
Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

FURS RENOVATED—

Miss Annie Blanch, 299, King's Road, Chelsea, S.W.
Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. L. Palmer, 155, Hartfield Road, Wimbledon, S.W.
Mrs. Annie Roadknight, 24, Powis Square, Brighton.

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Correspondence.

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Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Continued from Page 41.

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COOKERY AND HOUSEHOLD MANAGEMENT.

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TWO SIMPLE EGG DISHES.—You give me no idea as to what kind of egg dishes you want, but I think these are as simple as you could wish:—(1) Eggs au Gratin: Boil as many eggs as you wish to use for twenty minutes, and plunge them into cold water immediately. Shell them, and cut them in thick slices; put them in a fireproof dish and pour this sauce over them: Stir together the yolks of four eggs, a gill of milk, and a tablespoonful of grated cheese over the fire till it is a thick cream—do not on any account let it boil. Pour it over the eggs, and sprinkle fine breadcrumbs seasoned with salt and pepper over all. Pour a little liquid butter over, and brown in the oven for about ten minutes. (2) Eggs en Surprise: Have as many potatoes, round and even in size, as you require, and bake them in the oven. Cut a slice off the top, and scoop out as much of the soft part of the potatoes as possible; beat this to a pulp and half fill the skins with it. Then into each drop a whole egg, pour a spoonful of cream over, fill up with the potato pulp, put the top of the potato on again, and cook in the oven for three minutes to set the eggs. You say "eggs and cream need not be pinched," as you have them in plenty. Let me congratulate you, and suggest a third dish as a luxury. Put as much cream into a piedish as will fill it three parts, and make hot in the oven, sufficiently to poach an egg. Drop into this as many eggs as you wish and as there is room for. Strew some grated cheese over, and a little butter in dice, and cook in the oven till the eggs are nicely poached.—"KRICK MOUSE."

GRAPHOLOGY.

(Continued from page 41.)

WING.—The chief feature of this writing is its remarkable variety of forms—hardly two letters slope alike; this reveals carelessness, hurry, and impulse. The variability is so great and the will being weak there is much indecision of character, which may produce a very unsettled state of mind if care is not exercised. Cultivate serenity and self-control—two of the strongest virtues in the world. Your versatility is so great that you could turn your hand to almost anything, but I should say nursing or music. You are tactful and loyal to your friends, but you need a calmer mind.

NEDDA.—I really wish correspondents would read and keep the rules, one of which is that copied matter is inadmissible, as the mind is deserted from the act of writing. The specimens submitted shows self-reliance and control. The writer is economical and usually very reticent. Temper inclined sometimes to be irritable, and the will should be strengthened. The simplicity of the capitals show refinement and sense of form, giving you ability to appreciate architectural beauty. Steadfast in your attachments, but not very demonstrative.

"BIRDIE K."—It is somewhat difficult to tell if this writing is usually "crowded," or if it is the result of being compressed on to a postcard. I fancy the latter. Your friend possesses much tact and kindness of heart, but is a little quick-tempered, which makes her a bit "touchy" at times. The simple capitals and signature show good taste and refinement. She is almost too reticent, particularly in matters of the affections. Sensible and capable in domestic affairs; usually adheres to her own decision about things.

(Several Answers are crowded out.)

MADAME MYRA, 10 and 11, Fetter Lane, E.C., will cut to measure the pattern of any dress or mantle illustration sent to her for 1s. 6½d. (plain skirt or bodice, or *short* coat). Pleated or tucked styles cost according to complication; of a princess or Empire gown the pattern would cost from 2s. 6½d. post free

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
MAY, 1909.

DRESS AND HAIRDRESSING.
MAY, 1909.

HEALTH AND BEAUTY.
MAY, 1909.

GRAPHOLOGY.
MAY, 1909.

ETIQUETTE.
MAY, 1909.

COOKERY & HOUSE MANAGEMENT.
MAY, 1909.

"I never miss a chance of recommending 'Myra's Journal,' as I think it a treasure."—Mrs. M., Carmarthen.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, *10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, May, 1909.

DRESS AND MILLINERY.

DRESS AND BLOUSE LENGTHS at bargain prices, latest designs, patterns free on application.—The Fancy Muslin Company, 19, Cannon Street, Manchester.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

COLONIAL READERS. — MILLINERY, BLOUSES, BOUGHT AND FORWARDED, References.—57, Sydenham Road, Sydenham.

MILLINERY, BLOUSES, SKIRTS, made or renovated; stylish; moderate.—57, Sydenham Road, Sydenham.

DRESSMAKER. — Daily, town, country, ladies' houses; cut, fit, renovations.—Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

DRESSMAKER, daily or at home. Experienced. Renovations.—326, Moseley Road, Birmingham.

LADIES' SEVEN-GORE SKIRTS, navy or black, any size, 6s. 6d., postage 6d.—Gooch, 71, Hewitt Avenue, Wood Green.

PARCEL UNDERCLOTHES; APRONS, 5s.; new cream BLOUSE, 4s.—Holly Cottage, Solway Hill, Woodford.

MILLINERY.—Fur hats made from old furs.—Miss A. Blanch, 299, King's Road, Chelsea.

SKIRTS, Navy or Black, to measure, 5s. 6d.—Pinchback, 53, Guildford Road, Greenwich.

NEEDLEWORK, DRESSMAKERS, &c.

Madame Léonie, PARISIENNE DRESSMAKER, 120, Talbot Road, Bayswater. Ladies' materials. Charges moderate.

CUTTING AND FITTING for home dressmaking.—Mrs. Wood, 110, Ledbury Road, Bayswater.

DRESSMAKER, daily: dresses, blouses, mantles, renovations.—Bates, 57, Ranelagh Road, South Belgravia, S.W.

CORSETS made to order. Alterations; moderate charges. Ladies attended at own residence.—Miss Claydon, 243, King's Road, Chelsea.

DRESSMAKER, speaks French: renovating out or home.—36, Ambler Road, Finsbury Park.

DRESSMAKER, terms 2s. daily.—Jessie Andrews, 42, Alma Square, St. John's Wood.

EXPERIENCED DRESSMAKER, Ladies' own materials. Smart Blouses, 3s. 6d.; Shirts, 2s.; Tailor-made Skirts, 4s. 6d. Carriage extra.—Miss Gale, Maple Grove, Tiverton, Devon.

Madame Beatrice makes smart DRESSES COATS and SKIRTS, BLOUSES. Moderate charges. Ladies' materials made up.—58, Burlington Road, Bayswater.

DRESSMAKING, renovations, alterations. Juvenile costumes. — Miss Walwyn, 5, St. Ann's Road, Barnes.

LADIES' SHIRTS, 3s.; SKIRTS, 5s.; BLACK PINAFORES, 2s. 3d.; children's clothes, &c.—13, Osborne Villas, Hove.

Millicent Wright, 45, Artesian Road, Westbourne Grove. LADIES' MATERIALS. Terms moderate.

DRESSMAKING alterations, West End experience, or ladies' material. Strictly moderate. — Dickisson, 539, Forest Road, Upper Walthamstow, Essex.

NAVY, BROWN, GREEN COSTUMES, BLACK SILK SKIRTS.—Violet, 71, Oakfield Road, Anerley.

Ladies' and Children's DRESSMAKER. Fit guaranteed. — Mrs. Hudson, 44, Lancaster Road, W.

DRESSMAKER, daily, or at home. Renovations, alterations, Blouses speciality.—Mrs. Goddard, 35, May Street, West Kensington.

Morland, LADIES' TAILOR, Modes et Robes.—79, Elm Park, Brixton Hill, S.W.

Miss Gilbert, 103, Cheneys Road, Leytonstone, Essex.—EXPERIENCED DRESSMAKER. Terms moderate.

JEWELLERY.

Handsome gold-mounted AMETHYST NECKLACE, £5 10s., cost over double; other articles equally cheap.—Williams, 69, Ringmer Avenue, Fulham.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

COOKERY BOOKS.—Six Recipes, approved by Letitia Hope, in M.S. Book with detachable, washable, embroidered linen cover. Work recommended by Blanche Fitzmaurice. Price 5s. Linen Envelopes for stray recipes, 3s.; Special Recipes, 1s. extra. "Mrs. Glasse," c/o Miss Sterling, 14, Bartholomew Road, Kentish Town, London, N.W. Cash with order.

MUSIC neatly and strongly bound in limp covers, 9d. to 1s. M3731

EXCHANGE POSTCARDS. Exterior English churches only wanted.—Brooks, 6, Norwich Street, Cambridge.

MISCELLANEOUS.

Sell or exchange, Norwich singing CANARY—evening skirts, new stockings, table linen.—Moss Cottage, Chapel Road, West Norwood.

Ladies' plain knitted merino STOCKINGS, best quality only, 2s. post free.—Miss Holton, 4, Oldhams Terrace, Acton, W.

10s. 6d. silver-mounted UMBRELLAS, 4s. 8d. (new). Lucky NAIL TRIMMERS, 1s. 2d., possessors lucky. Satisfaction guaranteed.—Truro, Longford Road, Bognor.

LESSONS in DRAWING and PAINTING by Bronze Medallist. North London.—Miss R. Lawrance, 29, Hilldrop Road, Camden Road, N.

LADIES' COMBINGS mounted into tails, 1s. per oz.; puffs, frames, fringes, &c.—Miss Rose, 2, Blackburn Road, Hampstead.

BREATHING, PHYSICAL EXERCISES, VOICE PRODUCTION, ELOCUTION, taught by trained, certificated, experienced teacher. M3745

Lady has some CAST-OFF CLOTHING to suit working people. No dealers. M3746

Journalist coaches in FASHION JOURNALISM, correspondence, shorthand; manuscripts revised. Very moderate terms. M3747

Ladies, DON'T DYE YOUR HAIR. It can be restored to its original colour at a small cost. Highly recommended by Myra's Journal readers. Strictest privacy. — Miss Warrington, 25, Mysore Road (opposite Shakespeare Theatre), Clapham Junction.

HAIR STAINS, permanent, harmless, in all shades. Send piece of hair. 1s. 3d. per bottle.—Blanch, 299, King's Road, London.

Cièste. — Experienced READER BY PHOTO; 6d. envelope.—2, Legg Street, Chelmsford, Essex.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. MAY, 1909.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

Miss J. Andrews, 42, Alma Square, St. John's Wood, N.W.
L. C. Andrews, 28, Kelvin Road, Highbury, N.
Miss Bates, 57, Ranelagh Road, South Belgravia, S.W.
Mrs. Broome, 22, Speenham Road, Stockwell Road, Brixton, S.W.
Mrs. H. Burnay, 22, Farm Road, Hove, Sussex.
Miss Claydon, 243, King's Road, Chelsea, S.W.
Miss Connery, 48, Stansfield Road, Stockwell.
Mrs. Elliott, "Foxlow," Manor Road, Richmond.
Mrs. England, 440, Edgware Road, W.
Miss Gregory, 52, Wiltshire Road, Brixton, S.W.
Miss Hardy, 40, Mendora Road, Fulham.
R. Harvey, Oxford House, 329, Goldhawk Road, W.
Miss Olga, 29, Mill Lane, West Hampstead.
A. and A. Pinchback, 53, Guildford Road, Greenwich, S.E.
Miss A. Peaston, 81, Ashmore Road, St. Peter's Park, W.
Miss Price, 24, Gordon Road, Kingston-on-Thames.
Miss Saward, 44, Shirlock Road, Hampstead.
Miss A. Smith, 62, Wellesley Road, Leytonstone, Essex.
Miss M. Smith, 3, Pakeman Street, Holloway, N.
Miss E. Willson, 77, Cloncurry Street, Fulham, S.W.
Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 85, Westbourne Park Villas, Bayswater, W.
M. Davies, 19, Jedburgh Street, North Side, Clapham Common, S.W.
Annie Dickisson, 539, Forest Road, Upper Walthamstow, Essex.
Mrs. Duggan, 103, Park Street, Greenheys, Manchester.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Miss E. Farbrother, 1, The Owls, Gloucester Rd., Kingston Hill, S.W
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Mrs. Horner, 70, Barden Road, Tonbridge.
Mrs. and Miss Johnson, 9, Ampton Street, Gray's Inn Road, W.C.
Miss Maud Lee, 89, Warwick Street, Belgravia, S.W.
Misses Leftwich and Bush, 54, Blomfield Road, Maida Vale, W.
Madame Léonie, 120, Talbot Road, Bayswater, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Miss Mayhew, 25, Highgate Road, N.W.
Mrs. Misselbrook, 104, Hurlingham Road, Fulham, S.W.
Morland, 79, Elm Park, Brixton Hill, S.W.
Edith M. Perry, 46, Reporton Road, Fulham, S.W.
Nellie Siegfried, 90, Dawes Road, Fulham, S.W.
Miss Staar, 155, Hammersmith Road, West Kensington.
Miss Walwyn, 5, St. Ann's Road, Barnes, S.W.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Mrs. Anstead Wood, 110, Ledbury Road, Bayswater, W.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. Bailey, 31, Riley Road, Brighton.
Emilie, 185, Westbourne Grove, W.
Watson Lewis, 17, Edgware Road, Marble Arch, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Miss M. Owen, 2, Legg Street, Chelmsford, Essex.
Miss A. White, 299, King's Road, Chelsea, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square W.

LADIES' SHIRTS—

Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Petty, 29, Alberta Street, Kennington Park Road, S.E.
Miss Ramage, 25, Mysore Road, Lavender Hill, S.W.

PILLOW LACE MAKER—

Mr. Hy. Armstrong, Stoke Goldington, Newport Pagnell, Bucks.
Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Miss Claydon, 243, King's Road, Chelsea.
Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

FURS RENOVATED—

Miss Annie Blanch, 299, King's Road, Chelsea, S.W.
Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. L. Palmer, 155, Hartfield Road, Wimbledon, S.W.
Mrs. Annie Roadknight, 24, Powis Square, Brighton.

All Coupons must be received by the 1st of each month preceding date of issue.

Correspondence.

RULES.

1. To be answered on this page in the next number, letters must reach us not later than the 1st of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be ensured unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered in this page. Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

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COOKERY AND HOUSEHOLD MANAGEMENT.

Letters must be addressed to Mrs. Hope, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

TWO SIMPLE EGG DISHES.—You give me no idea as to what kind of egg dishes you want, but I think these are as simple as you could wish:—(1) Eggs au Gratin: Boil as many eggs as you wish to use for twenty minutes, and plunge them into cold water immediately. Shell them, and cut them in thick slices; put them in a fireproof dish and pour this sauce over them: Stir together the yolks of four eggs, a gill of milk, and a tablespoonful of grated cheese over the fire till it is a thick cream—do not on any account let it boil. Pour it over the eggs, and sprinkle fine breadcrumbs seasoned with salt and pepper over all. Pour a little liquid butter over, and brown in the oven for about ten minutes. (2) Eggs en Surprise: Have as many potatoes, ronnd and even in size, as you require, and bake them in the oven. Cut a slice off the top, and scoop out as much of the soft part of the potatoes as possible; beat this to a pulp and half fill the skins with it. Then into each drop a whole egg, pour a spoonful of cream over, fill up with the potato pulp, put the top of the potato on again, and cook in the oven for three minutes to set the eggs. You say "eggs and cream need not be pinched," as you have them in plenty. Let me congratulate you, and suggest a third dish as a luxury. Put as much cream into a piedish as will fill it three parts, and make hot in the oven, sufficiently to poach an egg. Drop into this as many eggs as you wish and as there is room for. Strew some grated cheese over, and a little butter in dice, and cook in the oven till the eggs are nicely poached.—"KRICK MOUSE."

GRAPHOLOGY.

(Continued from page 41.)

WING.—The chief feature of this writing is its remarkable variety of forms—hardly two letters slope alike; this reveals carelessness, hurry, and impulse. The variability is so great and the will being weak there is much indecision of character, which may produce a very unsettled state of mind if care is not exercised. Cultivate serenity and self-control—two of the strongest virtues in the world. Your versatility is so great that you could turn your hand to almost anything, but I should say nursing or music. You are tactful and loyal to your friends, but you need a calmer mind.

NEDDA.—I really wish correspondents would read and keep the rules, one of which is that copied matter is inadmissible, as the mind is deserted from the act of writing. The specimens submitted shows self-reliance and control. The writer is economical and usually very reticent. Temper inclined sometimes to be irritable, and the will should be strengthened. The simplicity of the capitals show refinement and sense of form, giving you ability to appreciate architectural beauty. Steadfast in your attachments, but not very demonstrative.

"BIRDIE K."—It is somewhat difficult to tell if this writing is usually "crowded," or if it is the result of being compressed on to a postcard. I fancy the latter. Your friend possesses much tact and kindness of heart, but is a little quick-tempered, which makes her a bit "touchy" at times. The simple capitals and signature show good taste and refinement. She is almost too reticent, particularly in matters of the affections. Sensible and capable in domestic affairs; usually adheres to her own decision about things.

(Several Answers are crowded out.)

MADAME MYRA, 10 and 11, Fetter Lane, E.C., will cut to measure the pattern of any dress or mantle illustration sent to her for 1s. 6½d. (plain skirt or bodice, or *short* coat). Pleated or tucked styles cost according to complication; of a princess or Empire gown the pattern would cost from 2s. 6½d. post free

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
MAY, 1909.

DRESS AND HAIRDRESSING.
MAY, 1909.

HEALTH AND BEAUTY.
MAY, 1909.

GRAPHOLOGY.
MAY, 1909.

ETIQUETTE.
MAY, 1909.

COOKERY & HOUSE MANAGEMENT.
MAY, 1909.

"I never miss a chance of recommending 'Myra's Journal,' as I think it a treasure."—Mrs. M., Carmarthen.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, MYRA'S JOURNAL, *10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.*

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, May, 1909.

DRESS AND MILLINERY.

DRESS AND BLOUSE LENGTHS at bargain prices, latest designs, patterns free on application.—The Fancy Muslin Company, 19, Cannon Street, Manchester.

MILLINERY LESSONS; personal instruction; moderate terms; prospectus free.—W., 57, Upper Gloucester Place, Dorset Square, W.

COLONIAL READERS.—MILLINERY, BLOUSES, BOUGHT AND FORWARDED, References.—57, Sydenham Road, Sydenham.

MILLINERY, BLOUSES, SKIRTS, made or renovated; stylish; moderate.—57, Sydenham Road, Sydenham.

DRESSMAKER.—Daily, town, country, ladies' houses; cut, fit, renovations.—Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

DRESSMAKER, daily or at home. Experienced. Renovations.—326, Moseley Road, Birmingham.

LADIES' SEVEN-GORE SKIRTS, navy or black, any size, 6s. 6d., postage 6d.—Gooch, 71, Hewitt Avenue, Wood Green.

PARCEL UNDERCLOTHES; APRONS, 5s.; new cream BLOUSE, 4s.—Holly Cottage, Solway Hill, Woodford.

MILLINERY.—Fur hats made from old furs.—Miss A. Blanch, 299, King's Road, Chelsea.

SKIRTS, Navy or Black, to measure, 5s. 6d.—Pinchback, 53, Guildford Road, Greenwich.

NEEDLEWORK, DRESSMAKERS, &c.

Madame Léonie, PARISIENNE DRESSMAKER, 120, Talbot Road, Bayswater. Ladies' materials. Charges moderate.

CUTTING AND FITTING for home dressmaking.—Mrs. Wood, 110, Ledbury Road, Bayswater.

DRESSMAKER, daily: dresses, blouses, mantles, renovations.—Bates, 57, Ranelagh Road, South Belgravia, S.W.

CORSETS made to order. Alterations; moderate charges. Ladies attended at own residence.—Miss Claydon, 243, King's Road, Chelsea.

DRESSMAKER, speaks French; renovating out or home.—36, Ambler Road, Finsbury Park.

DRESSMAKER, terms 2s. daily.—Jessie Andrews, 42, Alma Square, St. John's Wood.

EXPERIENCED DRESSMAKER, Ladies' own materials. Smart Blouses, 3s. 6d.: Shirts, 2s.; Tailor-made Skirts, 4s. 6d. Carriage extra.—Miss Gale, Maple Grove, Tiverton, Devon.

Madame Beatrice makes smart DRESSES COATS and SKIRTS, BLOUSES. Moderate charges. Ladies' materials made up.—58, Burlington Road, Bayswater.

DRESSMAKING, renovations, alterations. Juvenile costumes.—Miss Walwyn, 5, St. Ann's Road, Barnes.

LADIES' SHIRTS, 3s.; SKIRTS, 5s.; BLACK PINAFORES, 2s. 3d.; children's clothes, &c.—13, Osborne Villas, Hove.

Millicent Wright, 45, Artesian Road, Westbourne Grove. LADIES' MATERIALS. Terms moderate.

DRESSMAKING alterations, West End experience, or ladies' material. Strictly moderate.—Dickisson, 539, Forest Road, Upper Walthamstow, Essex.

NAVY, BROWN, GREEN COSTUMES, BLACK SILK SKIRTS.—Violet, 71, Oakfield Road, Anerley.

Ladies' and Children's DRESSMAKER. Fit guaranteed.—Mrs. Hudson, 44, Lancaster Road, W.

DRESSMAKER, daily, or at home. Renovations, alterations, Blouses speciality.—Mrs. Goddard, 35, May Street, West Kensington.

Morland, LADIES' TAILOR, Modes et Robes.—79, Elm Park, Brixton Hill, S.W.

Miss Gilbert, 103, Cheneys Road, Leytonstone, Essex.—EXPERIENCED DRESSMAKER. Terms moderate.

JEWELLERY.

Handsome gold-mounted AMETHYST NECKLACE, £5 10s., cost over double; other articles equally cheap.—Williams, 69, Ringmer Avenue, Fulham.

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

COOKERY BOOKS.—Six Recipes, approved by Letitia Hope, in M.S. Book with detachable, washable, embroidered linen cover. Work recommended by Blanche Fitzmaurice. Price 5s. Linen Envelopes for stray recipes, 3s.; Special Recipes, 1s. extra. "Mrs. Glasse," c/o Miss Sterling, 14, Bartholomew Road, Kentish Town, London, N.W. Cash with order.

MUSIC neatly and strongly bound in limp covers, 9d. to 1s. M3731

EXCHANGE POSTCARDS. Exterior English churches only wanted.—Brooks, 6, Norwich Street, Cambridge.

MISCELLANEOUS.

Sell or exchange, Norwich singing CANARY—evening skirts, new stockings, table linen.—Moss Cottage, Chapel Road, West Norwood.

Ladies' plain knitted merino STOCKINGS, best quality only, 2s. post free.—Miss Holton, 4, Oldhams Terrace, Acton, W.

10s. 6d. silver-mounted UMBRELLAS, 4s. 8d. (new). Lucky NAIL TRIMMERS, 1s. 2d., possessors lucky. Satisfaction guaranteed.—Truro, Longford Road, Bognor.

LESSONS in DRAWING and PAINTING by Bronze Medallist. North London.—Miss R. Lawrance, 29, Hilldrop Road, Camden Road, N.

LADIES' COMBINGS mounted into tails, 1s. per oz.; puffs, frames, fringes, &c.—Miss Rose, 2, Blackburn Road, Hampstead.

BREATHING, PHYSICAL EXERCISES, VOICE PRODUCTION, ELOCUTION, taught by trained, certificated, experienced teacher. M3745

Lady has some CAST-OFF CLOTHING to suit working people. No dealers. M3746

Journalist coaches in FASHION JOURNALISM, correspondence, shorthand; manuscripts revised. Very moderate terms. M3747

Ladies, DON'T DYE YOUR HAIR. It can be restored to its original colour at a small cost. Highly recommended by Myra's Journal readers. Strictest privacy.—Miss Warrington, 25, Mysore Road (opposite Shakespeare Theatre), Clapham Junction.

HAIR STAINS, permanent, harmless, in all shades. Send piece of hair. 1s. 3d. per bottle.—Blanch, 299, King's Road, London.

Cléste.—Experienced READER BY PHOTO; 6d. envelope.—2, Legg Street, Chelmsford, Essex.

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. MAY, 1909.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

Miss J. Andrews, 42, Alma Square, St. John's Wood, N.W.
L. C. Andrews, 28, Kelvin Road, Highbury, N.
Miss Bates, 57, Ranelagh Road, South Belgravia, S.W.
Mrs. Broome, 22, Speenham Road, Stockwell Road, Brixton, S.W.
Mrs. H. Burnay, 22, Farm Road, Hove, Sussex.
Miss Claydon, 243, King's Road, Chelsea, S.W.
Miss Connery, 48, Stansfield Road, Stockwell.
Mrs. Elliott, "Foxlow," Manor Road, Richmond.
Mrs. England, 440, Edgware Road, W.
Miss Gregory, 52, Wiltshire Road, Brixton, S.W.
Miss Hardy, 40, Mendora Road, Fulham.
R. Harvey, Oxford House, 329, Goldhawk Road, W.
Miss Olga, 29, Mill Lane, West Hampstead.
A. and A. Pinchback, 53, Guildford Road, Greenwich, S.E.
Miss A. Peaston, 81, Ashmore Road, St. Peter's Park, W.
Miss Price, 24, Gordon Road, Kingston-on-Thames.
Miss Saward, 44, Shirlock Road, Hampstead.
Miss A. Smith, 62, Wellesley Road, Leytonstone, Essex.
Miss M. Smith, 3, Pakeman Street, Holloway, N.
Miss E. Willson, 77, Cloncurry Street, Fulham, S.W.
Miss Woolcott, 109, Queen Street Buildings, Edgware Road, W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 85, Westbourne Park Villas, Bayswater, W.
M. Davies, 19, Jedburgh Street, North Side, Clapham Common, S.W.
Annie Dickisson, 539, Forest Road, Upper Walthamstow, Essex.
Mrs. Duggan, 103, Park Street, Greenheys, Manchester.
Miss Ellison, 97, Cathles Road, Balham Hill, S.W.
Miss E. Farbrother, 1, The Owls, Gloucester Rd., Kingston Hill, S.W
Miss Hauxwell, 16, Portland Gardens, Harringay, N.
Mrs. Horner, 70, Barden Road, Tonbridge.
Mrs. and Miss Johnson, 9, Ampton Street, Gray's Inn Road, W.C.
Miss Maud Lee, 89, Warwick Street, Belgravia, S.W.
Misses Leftwich and Bush, 54, Blomfield Road, Maida Vale, W.
Madame Léonie, 120, Talbot Road, Bayswater, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Miss Mayhew, 25, Highgate Road, N.W.
Mrs. Misselbrook, 104, Hurlingham Road, Fulham, S.W.
Morland, 79, Elm Park, Brixton Hill, S.W.
Edith M. Perry, 46, Reporton Road, Fulham, S.W.
Nellie Siegfried, 90, Dawes Road, Fulham, S.W.
Miss Staar, 155, Hammersmith Road, West Kensington.
Miss Walwyn, 5, St. Ann's Road, Barnes, S.W.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
Mrs. Anstead Wood, 110, Ledbury Road, Bayswater, W.
Millicent Wright, 45, Artesian Road, Westbourne Grove, W.

LADIES' AND CHILDREN'S MILLINERY—

Mrs. Bailey, 31, Riley Road, Brighton.
Emilie, 185, Westbourne Grove, W.
Watson Lewis, 17, Edgware Road, Marble Arch, W.
Madam Marion, 57, Sydenham Road, Sydenham, S.E.
Miss M. Owen, 2, Legg Street, Chelmsford, Essex.
Miss A. White, 299, King's Road, Chelsea, S.W.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square W.

LADIES' SHIRTS—

Madame Maree, Aldbourne, R.S.O., Swindon, Wilts.
Mrs. C. Petty, 29, Alberta Street, Kennington Park Road, S.E.
Miss Ramage, 25, Mysore Road, Lavender Hill, S.W.

PILLOW LACE MAKER—

Mr. Hy. Armstrong, Stoke Goldington, Newport Pagnell, Bucks.
Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. A. Stewart, 29, Markham Street, Chelsea, S.W.

CORSETIERE—

Miss Claydon, 243, King's Road, Chelsea.
Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea, S.W.
Miss B. Sargent, 21, St. James's Road, Hastings.
Madame Marie Steer, 189, Prince of Wales Rd., Haverstock Hill, N.W.

FURS RENOVATED—

Miss Annie Blanch, 299, King's Road, Chelsea, S.W.
Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. L. Palmer, 155, Hartfield Road, Wimbledon, S.W.
Mrs. Annie Roadknight, 24, Powis Square, Brighton.

All Coupons must be received by the 1st of each month preceding date of issue.

THE "LOUIS" VELVETEEN

IS GENUINE WHEN SPELLED
L-O-U-I-S

The New Colours and Art Shades are unequalled for variety, brilliancy, and depth of tone, while the lustrous bloom and soft, rich texture of the Blue Black has altogether the appearance of a beautiful Silk Velvet.

Ladies experiencing difficulty in obtaining "LOUIS" Velveteen are requested to write to the Manufacturer, 57, Newton Street, Piccadilly, Manchester, who will furnish the address of the nearest Draper supplying it.

"Larola" Regd. BEETHAM'S

Send 3d. in Stamps for Box of Samples of this and other delightful "Larola" Toilet Preparations.

IS UNEQUALLED FOR PRESERVING
THE SKIN & COMPLEXION
FROM THE EFFECTS OF
THE SUN, WINDS, AND HARD WATER.
IT REMOVES AND PREVENTS ALL
ROUGHNESS, REDNESS, IRRITATION, CHAPS, &c.,
AND KEEPS THE SKIN DELICATELY
SOFT, SMOOTH, AND WHITE
AT ALL SEASONS.

If used after Cycling, Motoring, Golfing, &c., it will be found DELIGHTFULLY SOOTHING AND REFRESHING.
Bottles, 1/-, 1/9, and 2/6, of all Chemists and Stores. M. Beetham & Son (Dept. 21), Cheltenham.

"Oldest & Best."

THE PERTH DYE WORKS

Campbells

FOR
Cleaning & Dyeing
DRESSES & BLOUSES,
GENT'S SUITS AND FLANNELS,
CURTAINS AND OTHER FURNISHINGS.

Particulars and Prices in Catalogue free from "P. & P. CAMPBELL, Perth."

A SPRING PHENOMENON

Phenomenal VALUE has caused a Phenomenal DEMAND.

The public treat us as we treat them.

Hence our SPRING TRADE has become Phenomenal

'National'
1d. CARDS
Contain 12 Spring Hooks & Eyes, with 12 Extra Neweye Loops

'Imperial'
2d. CARDS
Contain 24 Spring Hooks & Eyes, with 12 Extra Neweye Loops.

Newey's SPRING HOOKS & EYES

Sold by all Drapers throughout the United Kingdom.
Black or White in six sizes.
NEVER RUST. ALL BRITISH MAKE LOCK SAFELY.
Sample Card sent Post Free. NEWEY BROS., Ltd., Birmingham.

"BB" TORCHONS

REGD. MARK.

Are an actual reproduction of Real Torchon Lace (by a new patented process)

exactly as made by Handworkers on the cushion. All genuine "BB" Torchons bear the above Regd. Mark embossed on every card. To be obtained in a variety of shapes and widths.

Your SOILED BLOUSE CLEANED BY
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CARRIAGE PAID ONE WAY

DRESSES FOR 4/- DRY CLEANED.
To do absolutely the BEST WORK is the outstanding principle of our business.
LADIES' GARMENTS of every description CLEANED and DYED. Send at once for our Price List.
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